

LEARN.

DISRUPT.

REBUILD.

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DISRUPT.

REBUILD.

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BUILDING A COMMUNITY OF CARE

7. Noticing and Naming Emotions

Module 1 – Physical Safety, Mental Health and Wellness
(JUNIOR)



To identify our emotions so we can
communicate how we are feeling

Pre-Reflection

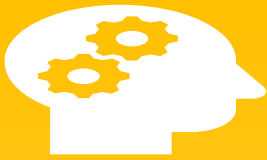


Before engaging in this lesson, consider:

Think about a time when you felt really excited about something? How did other people know you were excited?

Think about a time when you felt very frustrated? How did other people know you were frustrated?

Minds On – Different Emotions



- ☐ What emotions are present?
- ☐ What emotions do we recognize and how do we react when we are experiencing that emotion?
- ☐ Share examples of circumstances that make us feel different ways.

TASK: Emotion Portraits



With a partner complete the following:

Choose an emotion from the list provided.

Demonstrate that emotion for your partner, your partner will draw a portrait of that emotion.

Once your partner is done, switch! Now you will choose an emotion and your partner will draw your chosen emotion.

TASK: Emotion Portraits Sharing



Now that your portrait(s) are done you will share your piece with the class.

What emotion do you think your classmate was demonstrating in their portrait?

Do you believe that some emotions are more difficult to show than others?

Why do you believe this is the case?

Consolidation: Mood Diary



We will be exploring a Mood Diary to help you learn and notice different emotions that you are feeling.

We will notice those emotions and then record why we believe we feel that way using words or pictures.

Day & Time	Emotion(s) I am Feeling	Explanation of my Emotions - picture or words

Take Away: Self-Reflection

The main idea I
want to remember
or take away from
this lesson is..

Who found it
difficult, why?

Who thought it
was easy, why

