

Unit #1 Title: A Newer, BETTER, Older Me

Lesson Title: I'm Just a Bag of Feelings

Lesson 1 of 2

Grade Level: 1

Length of Lesson: 20-30 minutes

Missouri Comprehensive Guidance Standard:

PS.1: Understanding Self as an Individual and as a Member of Diverse Local and Global Communities

Grade Level Expectation (GLE):

PS.1.A.01.a.i: Identify a variety of feelings.

American School Counselor Association National Standard (ASCA):

Personal/Social Development

A: Students will acquire the knowledge, attitude and interpersonal skills to help them understand and respect self and others.

Materials (include activity sheets and/ or supporting resources)

A fancy bag (may be paper or material—just decorated)
10 Note cards with names and/or pictures of different feelings (go beyond the 4 basic feelings of happy, sad, mad, and scared)
Feelings Thermometer Worksheet (attached)
Stickers

Show Me Standards: Performance Goals (check one or more that apply)

	Goal 1: Gather, analyze and apply information and ideas
X	Goal 2: Communicate effectively within and beyond the classroom 1. Plan and make written, oral, and visual presentations for a variety of purposes and audiences 3. Exchange information, questions, and ideas while recognizing the perspectives of others
	Goal 3: Recognize and solve problems
X	Goal 4: Make decisions and act as responsible members of society 1. Explain reasoning and identify information used to support decisions

This lesson supports the development of skills in the following academic content areas.

Academic Content Area(s)		Specific Skill(s)
X	Communication Arts	6. Participating in formal and informal presentations and discussions of issues and ideas
	Mathematics	
X	Social Studies	6. Relationships of the individual and groups to institutions and cultural traditions
	Science	

Missouri Comprehensive Guidance Programs:

Linking School Success to Life Success

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	Health/Physical Education	
	Fine Arts	

Enduring Life Skill(s)

	Perseverance		Integrity		Problem Solving
	Courage	X	Compassion	X	Tolerance
X	Respect		Goal Setting		

Lesson Assessment (acceptable evidence):

Students will complete a Feelings Thermometer Worksheet.

Lesson Preparation

Essential Questions:

Why is it important for people to know about different kinds of feelings?

Engagement (Hook): The counselor comes into the classroom, holding the fancy feelings bag. Counselor shakes the bag mysteriously, asking the students to guess what's in the bag. Students offer guesses. Counselor tells group that this is a special bag that contains many different feelings. There are as many different feelings as there are different people, and all feelings are okay.

Procedures

Instructor Procedures:

1. Counselor explains that 10 students will have a chance to pull a feeling from the fancy feelings bag. The student is to act out the feeling on the card. The class will have 3 tries to guess the feeling being acted out.
2. After each role-play, counselor asks students for suggestions of when people might feel that way.
3. Explain that every person has many different feelings, and not all people will feel the same way in the same situations. This is okay because our feelings are our own...which makes them all ok.
4. Counselor explains the Feeling Thermometer Worksheet.
5. Students are directed to hold up their thermometers and look around to notice that responses may vary.

Student Involvement:

1. Students listen to the directions. Chosen students will pull a feeling from the bag, and act it out. Counselor should help students having difficulty reading card and/or thinking of acting ideas. Class guesses.
2. Students offer examples.
3. Students listen.
4. Students work on the assignment.
5. Students hold up their Feelings Thermometers and look around at other's worksheets.




Teacher Follow-Up Activities

Counselor reflection notes (completed after the lesson)

[illegible]

Feelings Thermometer

Mark each column to indicate your feelings about each statement

			How I feel when I am at home
			How I feel when I have to do my chores
			How I feel when someone sits next to me
			How I feel when I finish my work
			How I feel when someone says something mean to me
			How I feel working by myself
			How I feel when I lose a game
			How I feel playing with my friends