



<b>Date:</b>	<b>Age group:</b> Junior Primary (Students of school-going age with S.E.N. if specific need identified)
<b>Lesson objective:</b> <ul style="list-style-type: none"><li>To identify different emotions and be able to communicate feelings calmly and appropriately</li></ul>	
<b>Resources needed:</b> <ul style="list-style-type: none"><li>Whiteboard</li><li>Mood Monsters Emotions Cards</li><li>Use of ICT</li><li>YouTube clip - <a href="#">Naming Emotions and Social Emotional Learning for Kids - SmartKids - YouTube</a></li></ul>	
<b>Description of lesson:</b> <p><b>Step 1:</b></p> <ul style="list-style-type: none"><li>Ask students to use the Mood Monsters cards to identify how they are feeling now (Pick one card)</li><li>Teacher and SNA to also pick a feeling from the cards</li></ul> <p><b>Step 2:</b></p> <ul style="list-style-type: none"><li>Ask: Can we think which emotions make us feel good/nice and which emotions make us feel bad/not nice?</li><li>Sorting activity on whiteboard into positive emotions and negative emotions (Venn Diagram)</li><li>Review/pre-teach key terms “positive” and “negative” (<i>optional step depending on age of students</i>)</li></ul> <p><b>Step 3:</b></p> <ul style="list-style-type: none"><li>Play YouTube video: <a href="#">Naming Emotions and Social Emotional Learning for Kids - SmartKids - YouTube</a></li><li>Discuss what the video was about, explicitly teach that emotions are okay to have even the negative or not nice emotions</li><li>Ask students to identify different examples from the video of things that Yogatars do to help themselves when they have different feelings (e.g. What does the Yogotar do when she feels sad?)</li></ul>	

**Outcome:**

- Students are encouraged to name their feelings and share them through the Mood Monsters activity
- Students begin to recognise that “negative” emotions can happen and that this is okay

**Next steps/follow-on activity:**

- Continue to teach students about emotions and feelings and how we can express ourselves when we have different feelings through the Managing Emotions Picture Workbook and the If I’m Feeling...I Can cut-and-stick activity