



Academic Readiness Adaptive Virtual Learning

ECSE

Emotions

May 2020



Early Childhood Special Education Adaptive Lesson: May 2020

Learning Target:
Students will identify their emotions.

Let's Get Started: [Feelings](#)

Practice:

What can you do when you are feeling frustrated?



Take a step back and ask for help.

Practice:

What can you do when you are feeling mad?



Take a deep breath and count to 4.

Practice:

What can you do when your feeling happy?



Sing a happy song all day long.

Practice:

What can you do when your feeling sad?

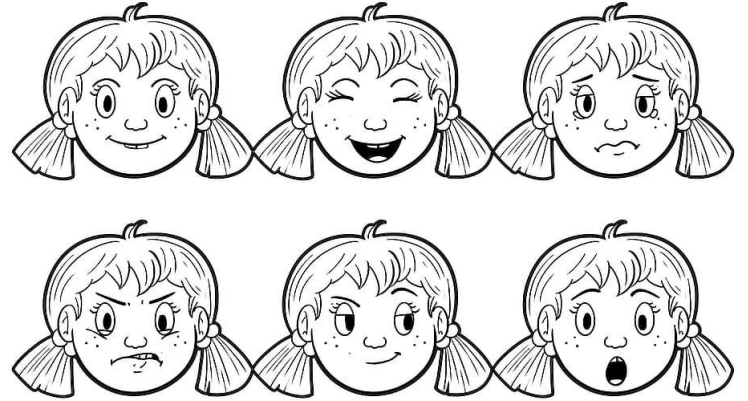


It's ok to feel sad sometimes, little by little you will feel better again.

Activity:

Play the following game with a parent.

Play Guess the Feeling



Self Check:

Check students answers.



1. Was this lesson?

easy

just right

hard

2. Ask your child how they are feeling today?