

2nd Grade Social Emotional

Feelings



April 14, 2020



2nd Grade Social Emotional Lesson: [April 13, 2020]

Learning Target:

Student will be conscious and aware of various different feelings. Student will identify things that make them feel certain feelings.

Background: New Lesson

- Students identify different Feelings.
- Students should be able to Acknowledge what they feel and what makes them feel that way.



Feelings

- Write down some feelings you are aware of.
- Make a list of Feelings that you feel often. What are those feelings?
- What makes you feel those feelings and why?
Talk to adult about your list.



Activity!

1. Look in a mirror and practice making these feeling faces.
2. Think about a time you have felt that way.
3. What was happening?
4. Did you like having this feeling?
5. If you didn't like feeling like this, why?
6. How can you help others feel good feelings?
7. How can you help someone who is feeling not good feelings?

Feelings



HAPPY



SAD



ANGRY



EXCITED



AFRAID



SHY



GUILTY



TIRED



JEALOUS



LOVED



HOPEFUL



BORED



PROUD



SORRY



EMBARRASSED



SURPRISED



How I feel when ...

How I feel when I'm being ignored _____

I feel proud when _____

I feel sad when _____

I feel annoyed when _____

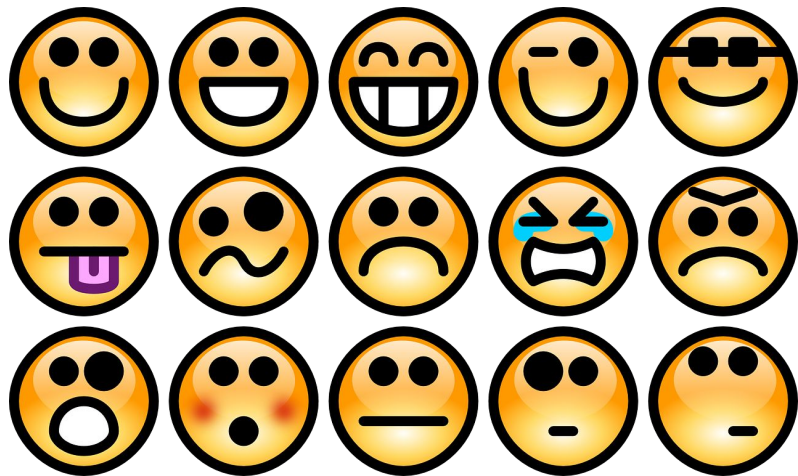
I feel anxious when _____

I become frustrated when _____

I feel important when _____

I am most content when _____

Talk with someone at home about each feeling statement. Pick a face that goes with that feeling statement.





Feelings Practice #2

Inside Out Situation/Feeling Matching Worksheet

Draw a line from each situation to the appropriate feeling(s).

Mom asked you take out the trash.

Your favorite song is playing on the radio.

Dad won't let you eat ice cream.

You can't find your mom at the store.

You lost electronic time.

Your tablet battery is dead.



You didn't get to pick where to eat.

Mom is late picking you up from school.

You make a new friend at school.

You get a new toy for your birthday.

You lost a game.

Your brother says something mean.

Practice Feeling #3



Self Check:

Go tell someone in your home your answers.



1. How many Feelings did you guess correct from the second video?

2. Was this lesson?

- easy,
- just right
- hard