



Counseling Virtual Learning

**4th Grade
Emotions**

April 14, 2020



4th Grade Counseling Lesson: April 14, 2020

Learning Target:

Students will practice identifying physical signals from they receive from their bodies when experiencing a variety of emotions.

Our body sends us signals
or clues when we are
about to have big
emotions



What signals do you notice here?



What signals do you notice here?



You could get sweaty on your face, palms, armpits, or other areas of your body.



Your face could get red or hot. You may notice your brain feeling foggy or not focused.



Your heart may beat faster. Some people say it feels like it might beat out of their chest! You may also notice that you are breathing harder.



You might have tears, a stomach ache, or feel tired. Some people also feel very hungry or not hungry at all.

What signals or clues do you get from your body when you are having big feelings?

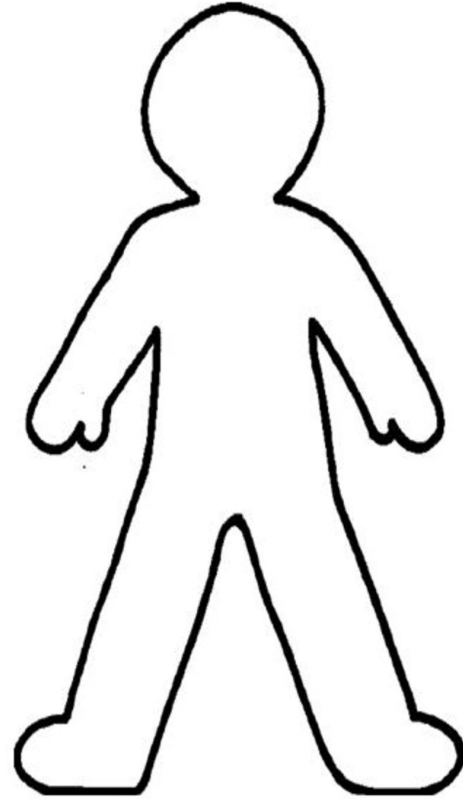
Let's Practice!

Supplies you will need include a piece of paper and something to color with.

Step 1:

Draw an
outline of a
person.

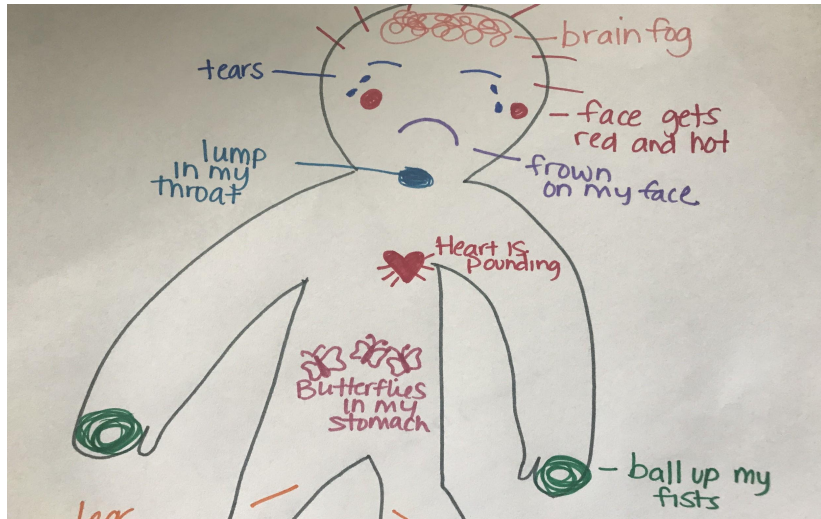
*You can use this example or
create something unique!
For a fun twist, you could
have someone trace your
outline outside with sidewalk
chalk!*



Step 2:

Draw pictures on the body to show the signals you get when you are having big feelings.

Think about the examples we discussed before!



Step 3:

Share with someone
at home!

*Talk to a family member about your
signals and ask them to share theirs
with you!*



[In My Heart: A Book Of Feelings.](#)

*You can also listen to this story about a young girl who notices the
signals from her body as she experiences different emotions.*

When you start to have big emotions you can notice these signals and use your calm down strategies to help!



Calm Down Strategies for Kids

The Pathway 2 SUCCESS

 Color or draw	 Think happy thoughts	 Take deep breaths	 Talk to someone
 Make a list of choices	 Set the timer and take a break	 Read	 Think of a pet
 Look at photos	 Use positive self-talk	 Take a walk or exercise	 Write in a journal

www.thepathway2success.com
Circles by Kate Hadfield