

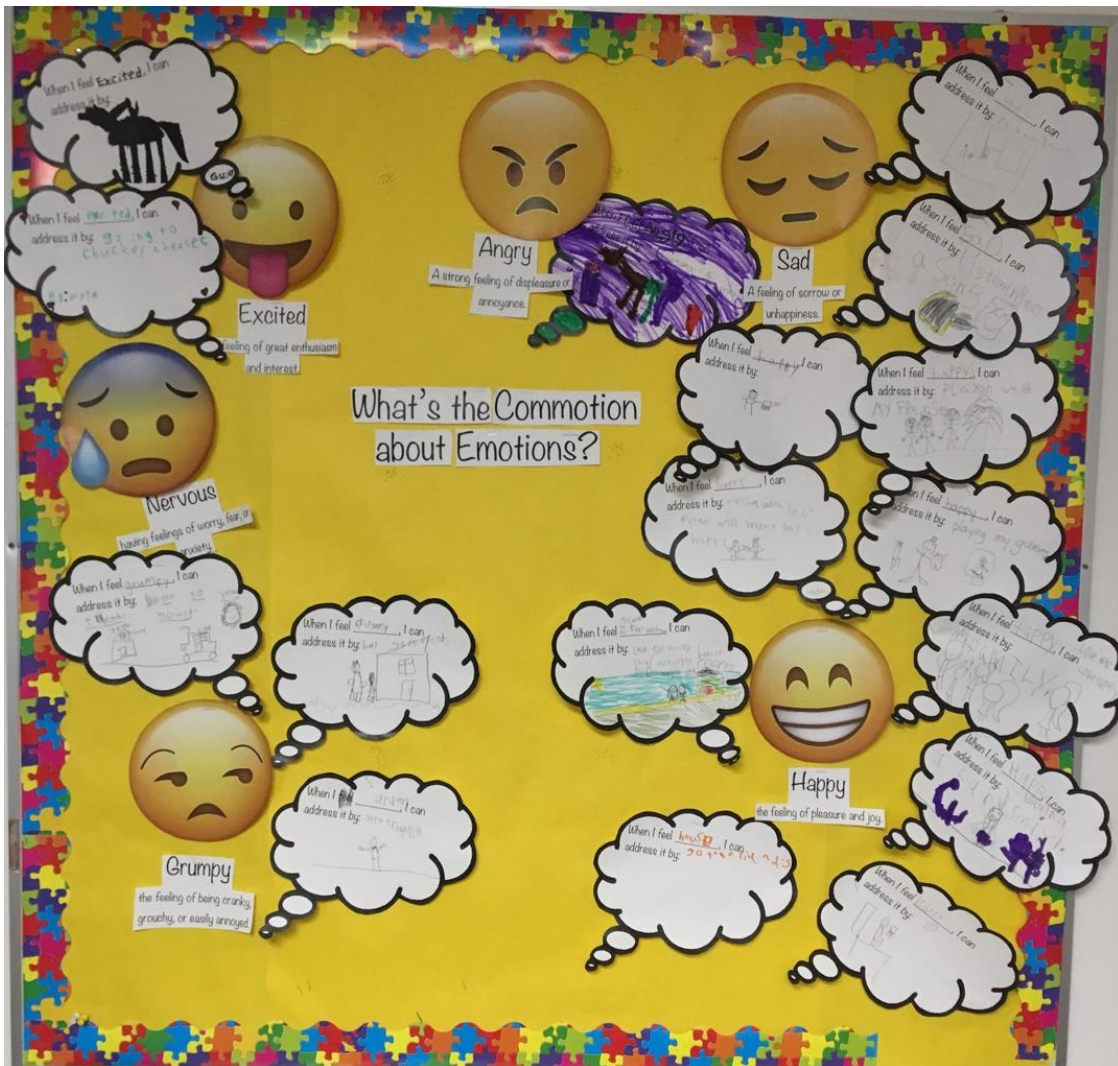
What's the Commotion about Emotions?

Monthly Campaign Bulletin Board

Theme:

This bulletin board defines different emotions, lets students brainstorm situations where certain emotions arise, and explores ways of dealing with those emotions in a healthy way. It supports the monthly campaign by addressing emotions, understanding their causes, how to manage them, and knowing there are appropriate situations for feeling each one.

Bulletin Board Example:



Classroom Instructions:

This lesson addresses six common emotions, what they mean, and how we can address each one in a healthy way.

1. Begin the lesson by defining emotions in a general sense (strong feelings, thoughts and attitudes that change throughout the day) and ask students to name as many as they can.
2. Narrow in on the six common emotions listed below as defined by Merriam-Webster, and provide the definition and example of each. As you go through each one, ask students to make a face that looks like that emotion.

Replace any of the listed emotions for one that you believe will be more valuable for your class, you are encouraged to do so.

- a. *Sad*: Feeling of sorrow or unhappiness. *I feel sad when I am not included in a game.*
- b. *Angry*: Strong feeling of displeasure or annoyance. *It makes me angry when someone call me names.*
- c. *Nervous*: Feelings of worry, fear, or anxiety. *It makes me nervous when I have to speak in front of the class.*
- d. *Happy*: Feeling of pleasure and joy. *I feel happy when my friends make me laugh.*
- e. *Excited*: Feeling of great enthusiasm, energy, and interest. *I am excited to play this weekend.*
- f. *Grumpy*: Feeling of being cranky, grouchy, or easily annoyed. *I feel grumpy when I don't get enough sleep.*

3. Create discussion and brainstorm about each of the six emotions. Ask students some or all of the following questions and write down their answers on the whiteboard or SMARTboard:

- What are other words for that emotion?
- In what situations do you feel that emotion?
- How does it feel physically in your body when you have that emotion?
- How do you deal with that emotion when it comes up? Write down some student examples, then add the examples listed below:
 - *Sad*: Tell an adult, think about what you're grateful for, write down your favorite things about yourself.
 - *Angry*: Notice your heart rate and take deep breaths, count to ten before responding, write in a journal.
 - *Nervous*: Remember your confidence and courage, think about the skills that you need to be successful, ask for support from a friend.
 - *Happy*: Share it with a friend, draw it in a picture, sing or dance.

- Excited: Get active, use a breathing technique to calm down.
 - Grumpy: Talk about it with a friend, read a funny book, take a nap.
4. After the discussion, give each student an empty speech bubble page. Ask them to cut it out, choose one of the six emotions, and write it in the blank space. Then they will write or draw about one of the strategies that were discussed to address that emotion.

Excellent resources to incorporate are the breathing activities from the mental health bins ([found here](#)) to show ways of regulating emotions by controlling the breath. Another addition to this lesson could be reading a children's book about emotional regulation, or one that will inspire conversation about different feelings. Our recommendations are:

- *The Color Monster* by Anna Llenas (Grades K-2)
- *The Way I Feel* by Janan Cain (Grades K-3)
- *You Hold Me Up* by Monique Gray Smith (Grades K-3)
- *The Wild Robot* by Peter Brown (Grades 4-6)

Bulletin Board Instructions:

Print and cut out the bulletin board title (*What's the Commotion about Emotions?*), each emoji, their labels and definitions, and the six speech bubbles with the emotions and strategies filled in.

Print enough empty speech bubbles for each student to cut out and fill in themselves. Spread the six emojis out on the bulletin board with their respective label and definition. Attach each student's speech bubble and the filled-in speech bubbles provided around the corresponding feeling.

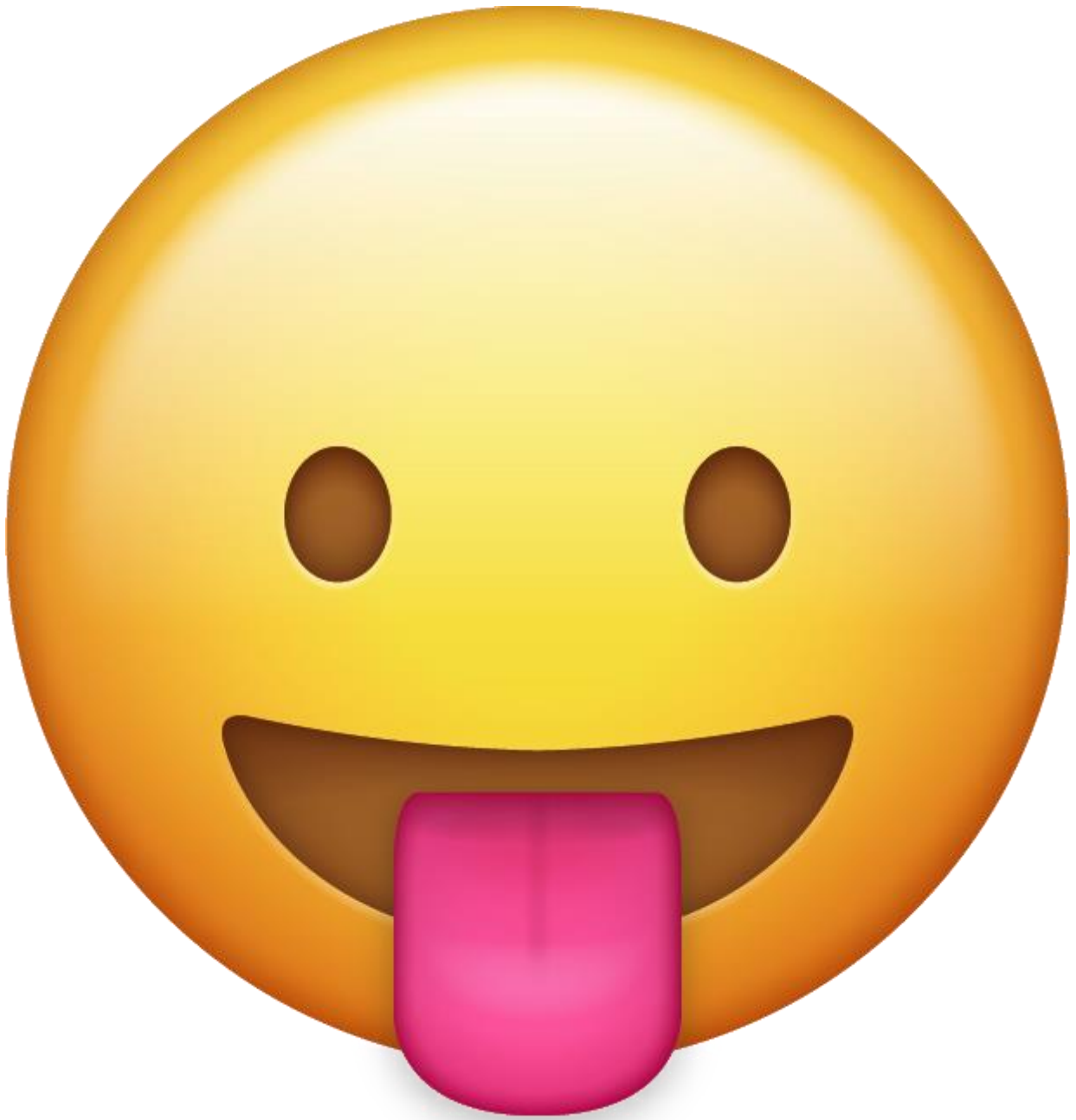
What's the Commo tion

about

Emotions?













Angry

A strong feeling of
displeasure or
annoyance.

Sad

A feeling of sorrow or
unhappiness.

Excited

the feeling of great
enthusiasm and
interest.

Nervous

having feelings of
worry, fear, or anxiety.

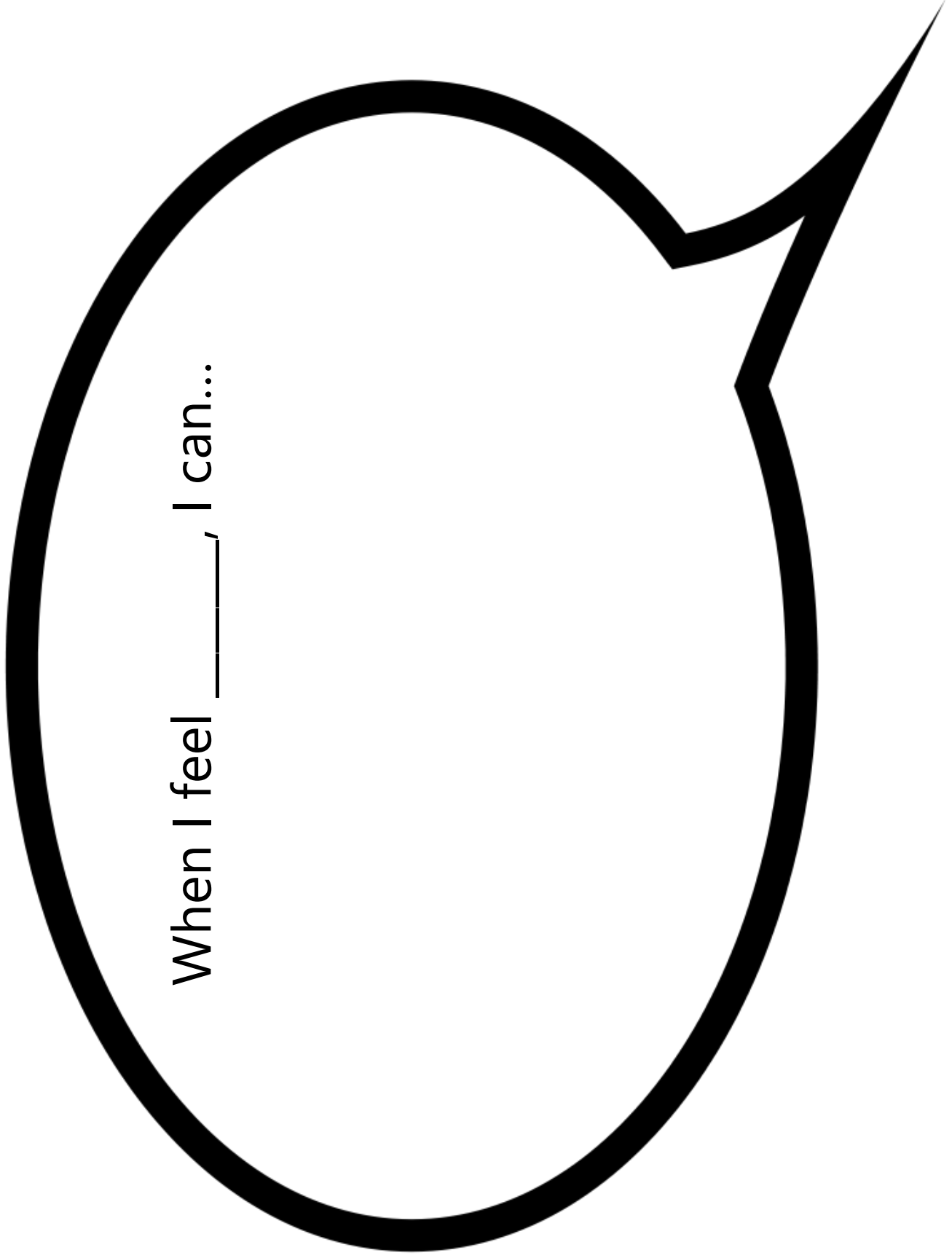
Happy


the feeling of pleasure and
joy.

Grumpy

the feeling of being
cranky, grouchy, or
easily annoyed.

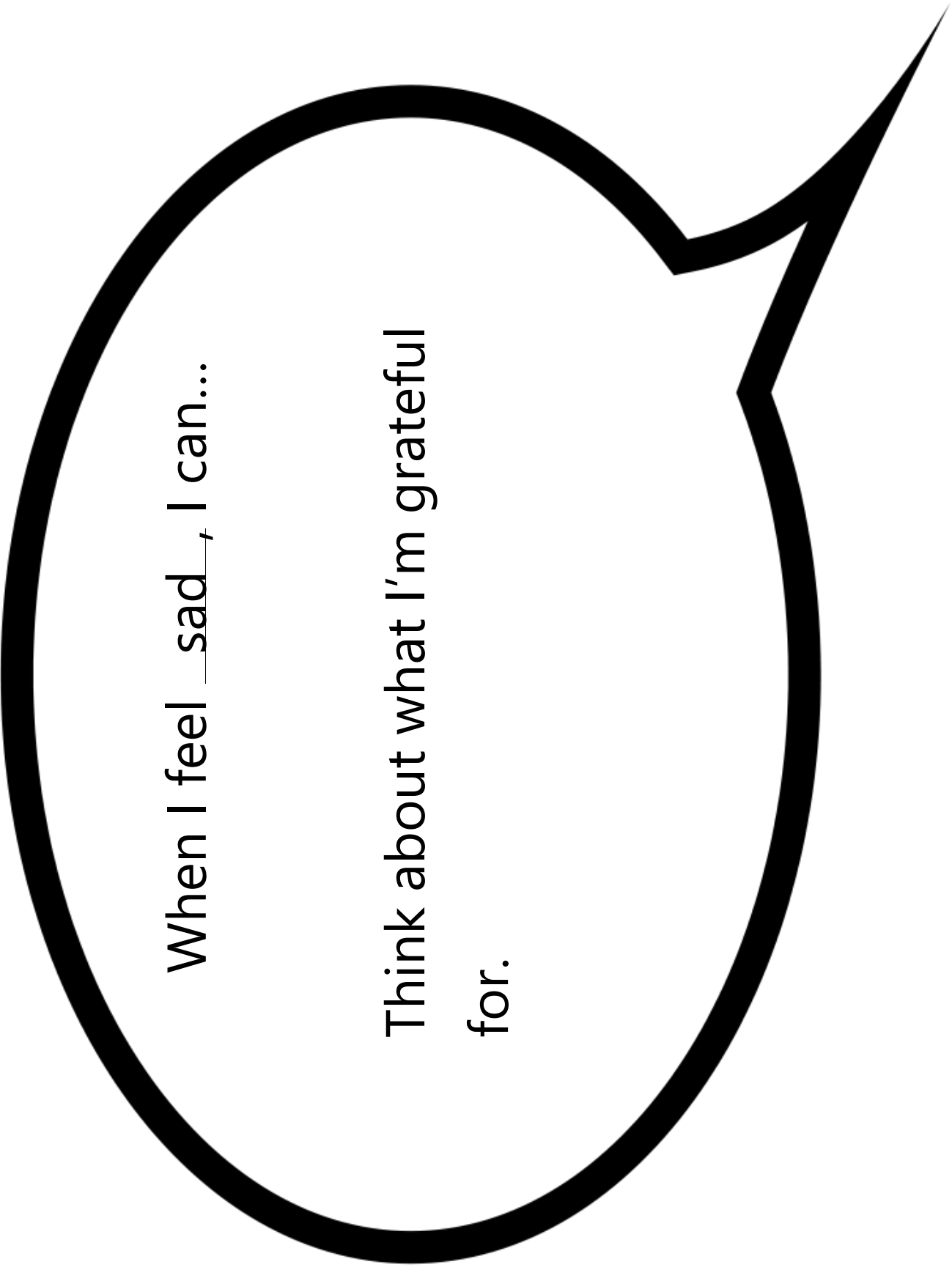
When I feel _____, I can...





When I feel angry, I can...

Write my feelings down in a
journal.



When I feel sad, I can...


Think about what I'm grateful
for.



When I feel

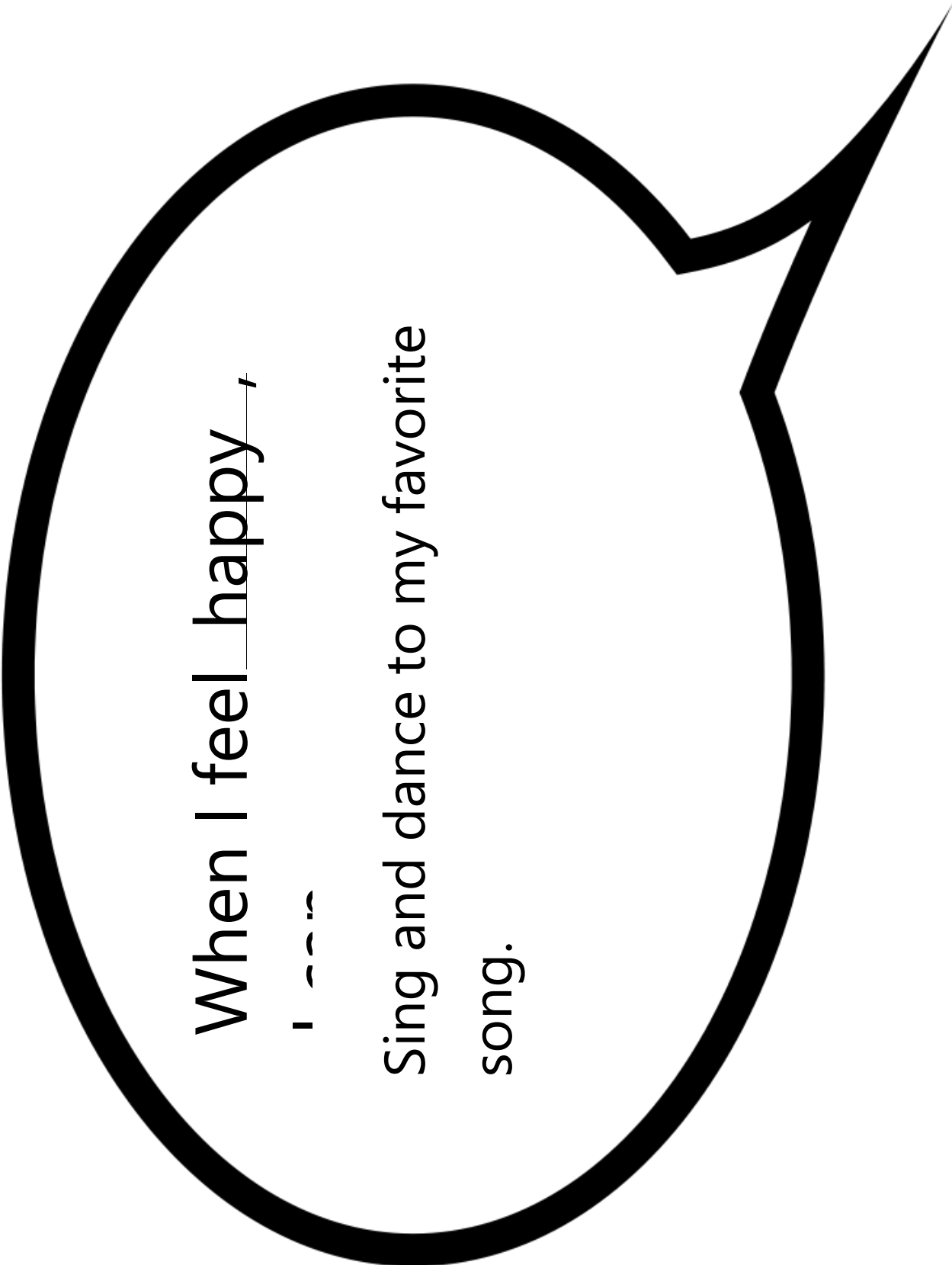
overstressed, I can

Take an exercise break.



When I feel nervous, I
can...


Ask a friend for support.



When I feel happy,

I can

Sing and dance to my favorite
song.



When I feel grumpy, I
can...

Read a funny book.