

Core Competencies: Personal Awareness and Responsibility & Physical and Health Education – The Way I Feel

Curriculum: Core Competency – Personal Awareness and Responsibility Physical and Health Education	Learning Goals: -Help students express their feelings (good and bad) in a healthy manner -Help students recognize their emotions -Identify and describe feelings
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Materials
YouTube Book Link – The Way I Feel by Janan Cain https://www.youtube.com/watch?v=JMcCgd5Sj34 Paper Pencil Crayons/pencil crayons/markers

Activities
Read the story The Way I Feel by Jana Cain Stop at 0:30. Ask: Can you name a time when you felt silly? Tell me about this time. How did you know you were feeling silly? Stop at 1:25. Ask: Can you name a time when you felt happy? What does your body look like when you are happy? Stop at 1:49. Ask: When was a time you felt sad? How did you know you were feeling sad? Ask: How are you feeling today? Draw and colour a picture of what you look like when you feel this way. Extension: Label the illustration you created.