

## Core Competencies: Personal Awareness - Exploring Emotions: Sad

<b>Curriculum:</b> Core Competency – Personal awareness & responsibility	<b>Learning Goals:</b> -Student will learn to recognize emotions by exploring feelings -Student will learn and use strategies to help manage feelings and emotions
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### Materials

-Book: What's Up Maloo? By Genevieve Godbout  
<https://www.youtube.com/watch?v=zR4gJzpbYII>

### Activities



-Ask: What does it mean to be sad? Being sad can be described as feeling unhappy. It is OK to feel sad. Sadness is a natural human emotion. Sometimes sad feelings last for a moment, and other sad feelings last for a longer time. Can you describe a time in your life when you felt sad?

-What other words can you think of that mean sad?

-Listen to: [What's Up Maloo? By Genevieve Godbout](https://www.youtube.com/watch?v=zR4gJzpbYII)

-Stop at 0:34. What do you think is happening to Maloo? How is Maloo feeling in this picture? What makes you think this? Move your body like Maloo's, what do you notice?

-If you were Maloo's friend, what would you do if you saw Maloo like this?

-Continue listening to the book.

-How do you think Maloo feels at the end of this book?

### Extension:

-What do you do when you feel sad? What can you do to try to help yourself feel better?