

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

<b>Curriculum:</b> Core Competency – Personal awareness & responsibility (Self-regulation & Well-being)	<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

- Video: Emotions 101 - Excitement  
<https://www.youtube.com/watch?v=WeMxXB1LZZg>
- Blank paper
- Pencil
- Pencil crayons/crayons

### Activities



- What does excited mean? Do you think excitement is a feeling or a choice?
- Watch: [Emotions 101 - Excitement](https://www.youtube.com/watch?v=WeMxXB1LZZg)
- What other words (synonyms) can you think of that mean the same thing as excited (e.g. enthusiastic)? Try to use these synonyms in your vocabulary throughout the week.
- What are the first things you think of when you think of excitement?
  
- Create your own font! You are going to write the word excitement in a new font. The font you create has to represent the word excitement. How can you make the word look exciting using the new font that you create? See the samples below



### Extension:

- When might be a time at school, home or in the community that being excited would be helpful and appropriate?
- When might be a time at school, home, or in the community that being excited would not be appropriate?