

## 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

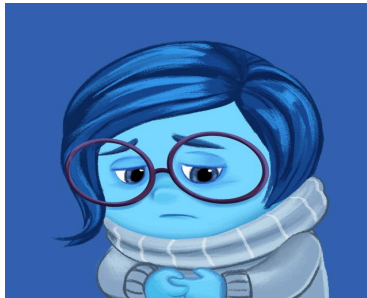
- Paper
- Pencil

### Activities

-What does it mean to be sad? Being sad can be described as feeling unhappy. 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 did your body language or facial expression look like?

-What other words (synonyms) can you think of that mean sad (e.g. unhappy, down)? Write down all the synonyms for sad that you come up with. Try to use some of these synonyms in your vocabulary the next time you are having sad feelings.

-Look at the pictures below. How is this character feeling? What clues can you use to figure out that answer? What is missing that would help you fully understand and empathize with this character?



-Pick a favourite show to watch. As you are watching, pay attention to the characters in the show. What body language, facial expressions, or other clues can you spot that will help you determine how a character is feeling?

-Can you try this in your daily life? What do you notice about the people in your life when you pay close attention to their body language and facial expressions?