

Core Competencies: Personal Awareness - Exploring Emotions: Excited

Curriculum: Core Competency – Personal awareness & responsibility (Self-regulation & Well-being)	Learning Goals: -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: When I Feel Excited <https://www.youtube.com/watch?v=q2-TYH2dJR8>
- Blank paper
- Pencil
- Pencil crayons/crayons

Activities



- What does excited mean?
- Watch: [When I Feel Excited](https://www.youtube.com/watch?v=q2-TYH2dJR8)
- What are the first things you think of when you think of excitement?
- Create an illustration of one thing that makes you feel excited.

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?