



EXPRESS YOURSELF

PreK-2nd Grade

Lesson 4 Arts & Social Studies: Exploring Emotions

Objective

Students will identify several basic emotions and possible scenarios that could trigger those emotions within them. Students will create visual pieces that express an emotion, and will discuss appropriate ways to express feelings.

Suggested Materials

- Variety of art materials, paper

New York State Arts Standards

- 1 – Creating, performing and participating in the arts
- 2 – Knowing and using arts materials and resources

New York State Social Studies Standards

- 5 – Civics, Citizenship and Government

Procedure ** May be completed over 2-3 lesson periods. **

- 1) Ask students to identify some of the basic emotions and ask what makes them feel happy, sad, angry etc. Come up with different scenarios and ask students how each would make them feel.
- 2) After this discussion, hand out some art materials and ask students to draw a feeling: how would it look as a picture? What color or colors would it be? Or ask them to draw a picture of something that creates a certain feeling; something that makes them angry or scared, etc.
- 3) Ask students to share: What emotion did they choose to represent? What choices did they make with colors and shapes?
- 4) Discuss ways of expressing emotions, both appropriate and not appropriate. Appropriate ways to express emotions could be drawing, moving with and without music, singing, hugging someone, crying, smiling, etc. Inappropriate ways would be hurting another person, breaking something, saying mean words, etc. Ask students to think of ways their emotions could affect others around them – in the classroom, at home, and in their neighborhood.
- 5) Display pictures in the room with their emotion words written on them for all to see.