

Emotional Literacy is essential for elementary children to learn about. Understanding your own emotions leads to your better understanding of the emotions of others. Once you are able to understand what you & others are feeling, you will be better able to think through possible strategies to help manage the feelings, to seek help from others, or to reflect on your/their actions with a greater understanding and empathy.

Emotions Comic Reflection (Intermediate)

In this lesson, you will reflect on situations when you felt certain emotions. You will choose 1–3 to share with someone else by drawing, writing, or talking about the situation.

Materials:

Emotions Poster

Emotions Comic Strip (1 strip for each emotion you want to share)

Drawing/Writing Utensils

Directions:

Look at the list of emotions. Pick 1–3 emotions to focus on. Think to yourself about times when you felt each of those emotions (ex: Excited. At school, my name was drawn on Tiger Tuesday to get a popsicle at lunch time! That made me feel really excited.).

Activity: Use the Blank Comic Strip worksheet to draw about the situation that you were thinking of. You can draw what happened **right before you felt** that way (ex: I earned a Tiger Paw in PE for helping my friends work out a small problem.), what happened **right when you started to feel** the emotion (ex: Ms. Andelin reached into the tub, pulled out a Tiger Paw and read my name on the microphone!), and **how you reacted to the emotion** or what you did (ex: My jaw dropped open and then I got a big smile. My friend sitting next to me gave me a hug.).

Alternatively, you can write a story about the situation, or share it by talking with a family member.

Title or Emotion:

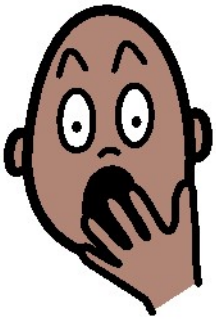
A large rectangular box with a solid black border, intended for writing a title or emotion. It features a small scroll-like detail on the left side and a small circular detail on the top right corner.

A large rectangular area defined by a dotted line border, divided into three vertical columns by two vertical dotted lines. This area is intended for drawing or illustrating a scene.

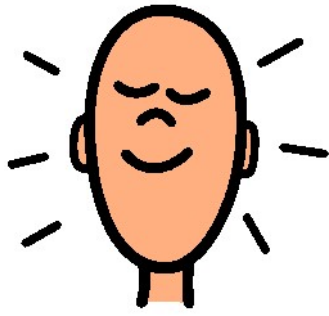
Written and Illustrated by:

Emotions

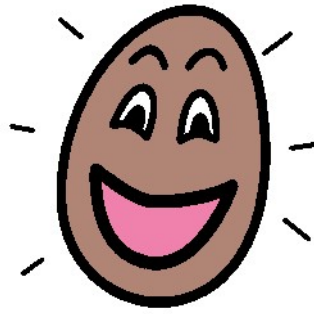
surprised



proud



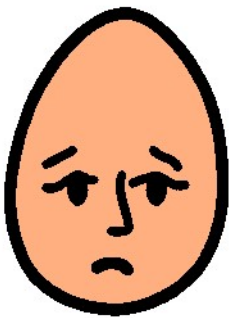
excited



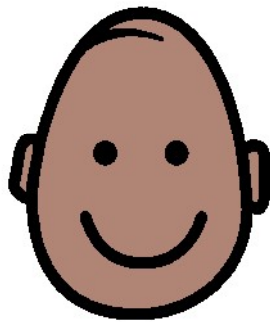
frustrated



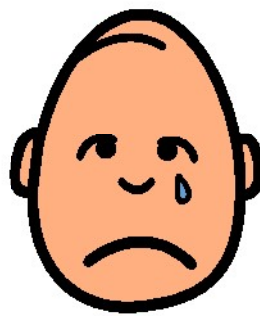
hurt



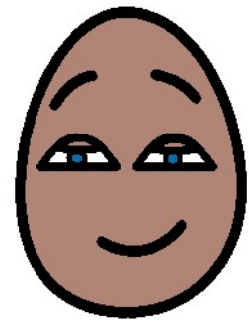
happy



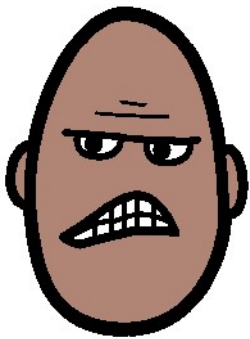
sad



loved



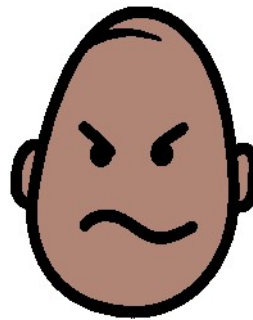
jealous



sick



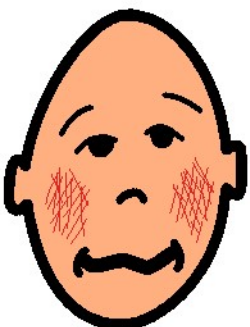
mad



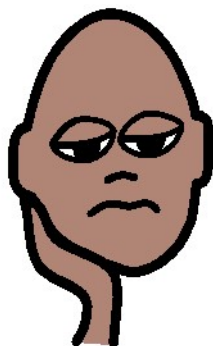
sleepy



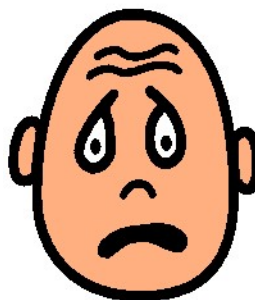
embarrassed



bored



scared



angry

