



4TH GRADE

Feelings Wheel/ Identifying Complex Emotions

Unit 2.1 Regulation
SEL Lesson 5



Class **Connect**



a b c



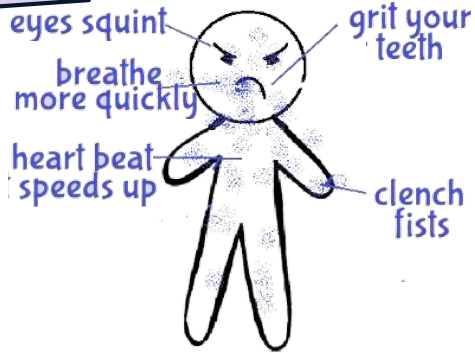
Review

tension

👏 ten·sion 👏

synonyms-
stressed, tight, stiff

antonyms-
relaxation, limp, calm



relaxation

👏 re·lax·a·tion 👏

synonyms-
loose, comfortable

antonym- tension



Why is today's lesson important?

Feelings Wheel



Regulation

"I can recognize and manage my emotions."



Perseverance

"I can demonstrate endurance and capacity to complete tasks."

definition

- a feeling
- mental reaction marked by strong feeling and physical effects

emotion



synonyms-
feeling, affection
antonyms-
numbness, indifference

examples

- feeling proud when you get a good grade
- feeling shy when meeting someone new



HAPPY SURPRISED SAD ANGRY EXCITED



SHY GUILTY CONFUSED SCARED WORRIED



PROUD CALM JEALOUS TIRED BORED

question



- What **emotion** is this person experiencing?
- How do you know?
- What might have made them feel that way?

non-example

- a flower being picked





$2+2$

Discussion



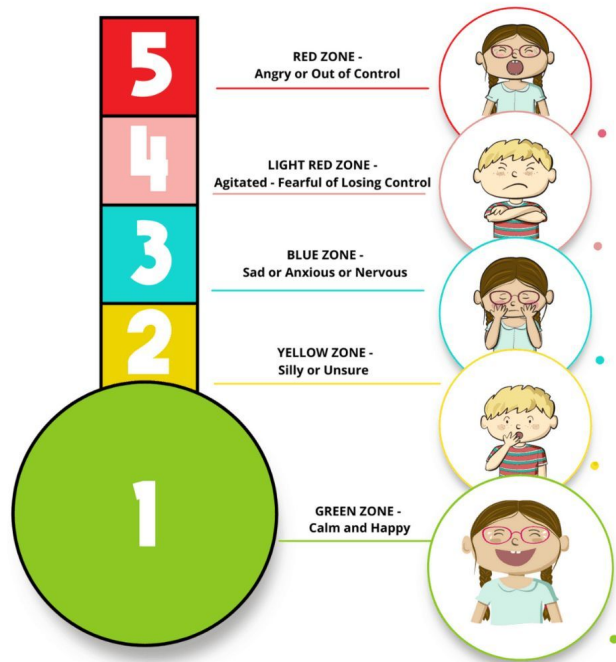
- What emotions did Brian feeling at the beginning of the story?
- Using the feeling wheel, what core feeling did he have?
- Looking at the feelings wheel, what more specific emotions could he be feeling?
- How can someone feel invisible even when they're surrounded by people?

Movement





Emotions have different intensities



Each Emotion has an **Opposite Emotion**



Emotion 1
+ Emotion 2 =
Complex Emotion



Activity

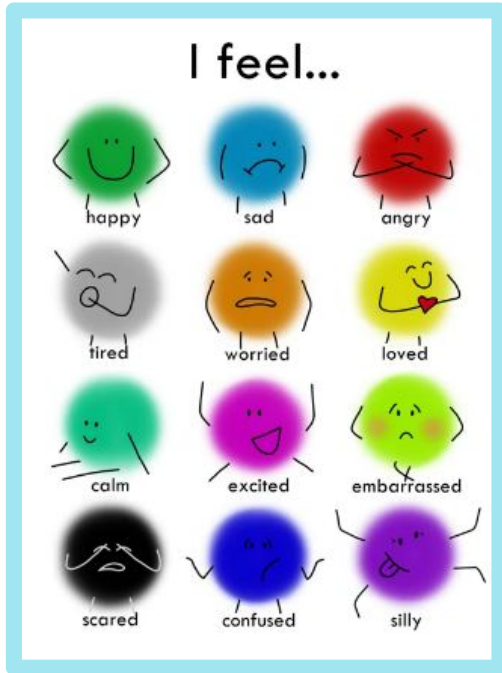
Emotion Detectives



Peace Out



Guardian Extension



Activities Options:

- Challenge your child to name as many emotions as they can in 30 seconds.
- Act out your emotions using body language and facial expressions only.
- If feelings were an animal, what animal would they be? Choose emotions, and challenge your child to choose an animal for each.

Teacher Extension

- Turn and talk with a partner about how you are feeling today.
- Draw how you are feeling today.
- Write about how you are feeling today.
- Make a video sharing how you are feeling today.
- Write down as many feelings as you can, circling those you feel today.





THANKS



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