

Identifying Feelings: *Navigating Complex Emotions*



3rd Grade
Unit 2.1 Regulation
Lesson 5



Class Connect

Q: What do you get when you cross a frog with a rabbit??

A: A bunny ribbit!



Bunny Ribbit

Class Connect



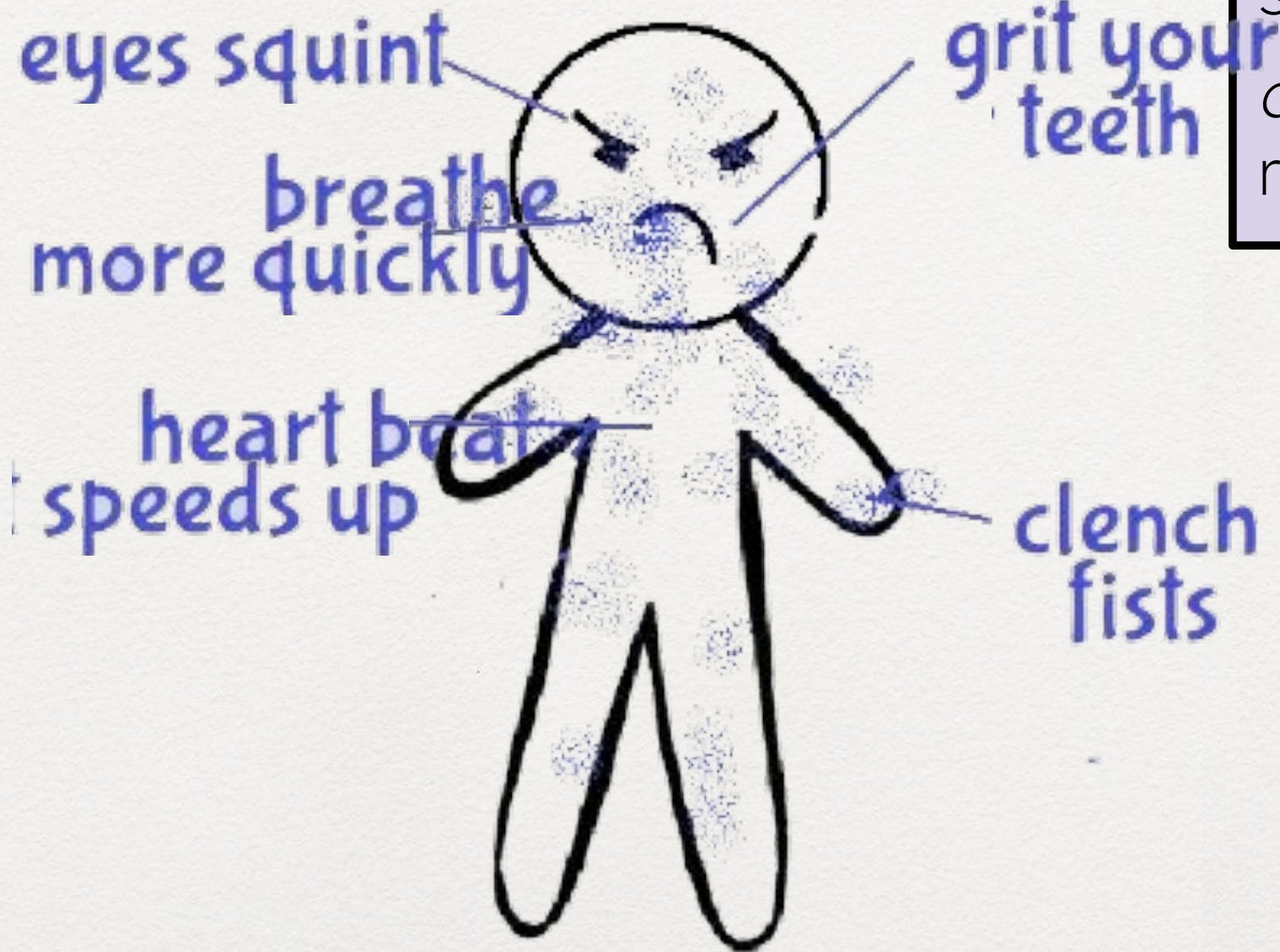
Review

sensation

👏 sen·sa·tion 👏

synonyms-
awareness, feeling,
response

antonym- numbness



tension

👏 ten·sion 👏

synonyms-
stressed, tight, stiff

antonyms-
relaxation, limp, calm

TODAY'S
LESSON

Identifying Feelings: Navigating Complex Emotions



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Why are we learning this?

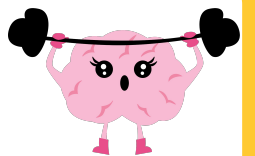
Regulation



Adaptability



Perseverance



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

question



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

non-example

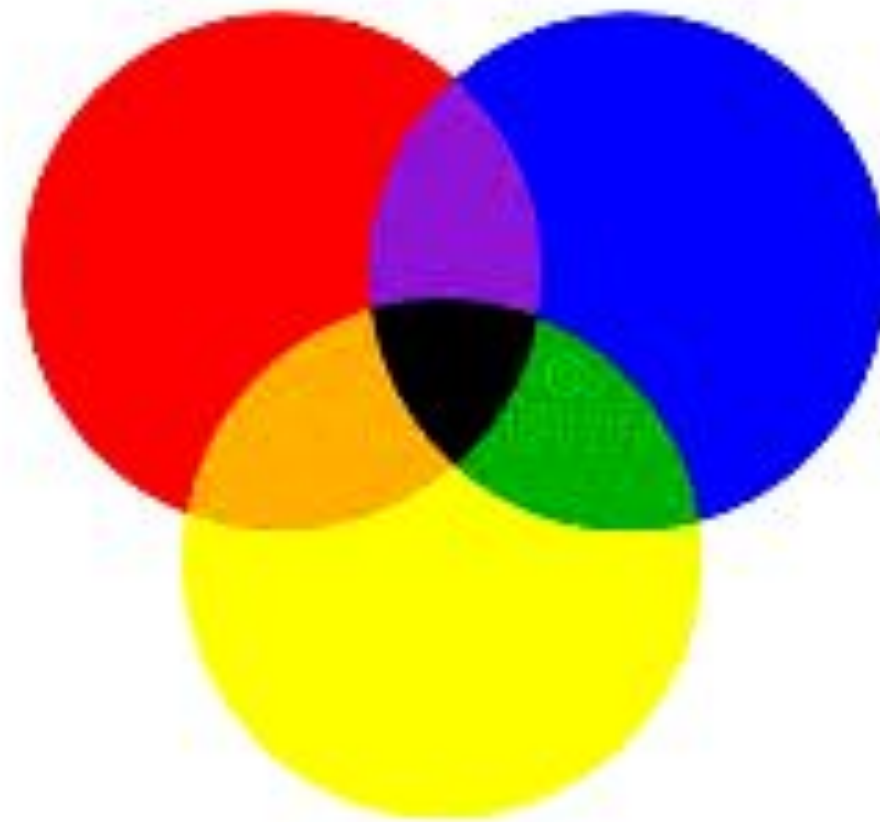
- a flower being picked



Basic and Complex Emotions

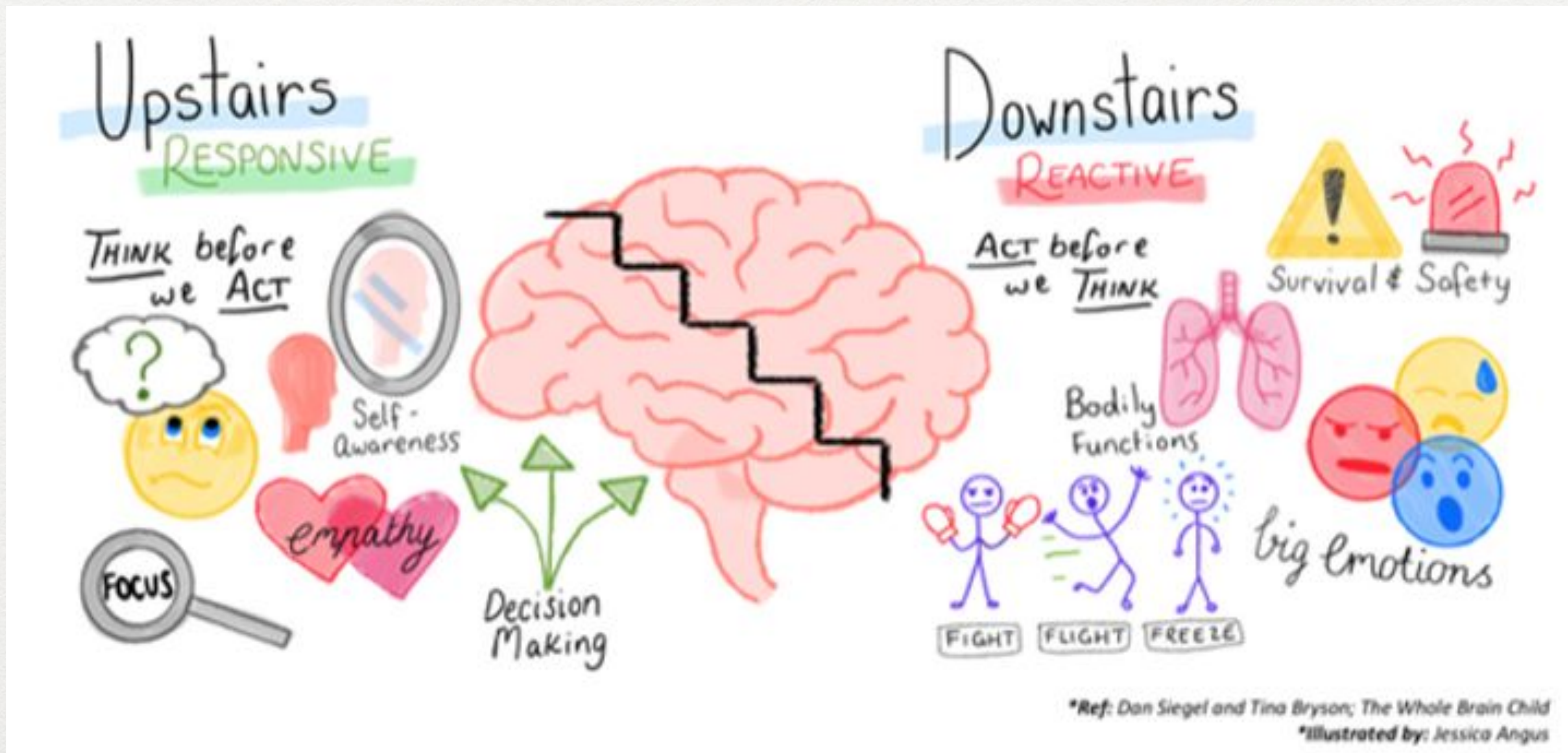
Our emotions are how we make sense of the things that happen around us

- ALL emotions are okay
- Emotions are temporary
- Basic emotions
- Complex emotions



We have a choice how we respond to complex emotions

"Name It to Tame It"



React Without Thinking

Activity Time

What + What
= WHAT?!?



Name It to Tame It!

1. Notice what is happening
2. Name/ Label the emotion
3. Sit with the feeling
4. Express/ Let it go

DEALING WITH DIFFICULT FEELINGS @POSITIVELYPRESENT



1. NOTICE THE FEELING



2. NAME THE FEELING



3. SIT WITH THE FEELING



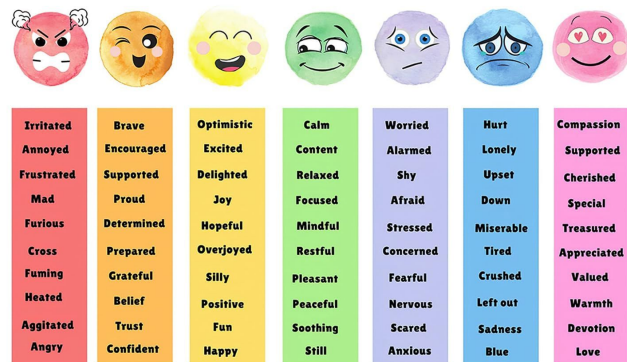
4. LET THE FEELING GO

Helpful Strategies

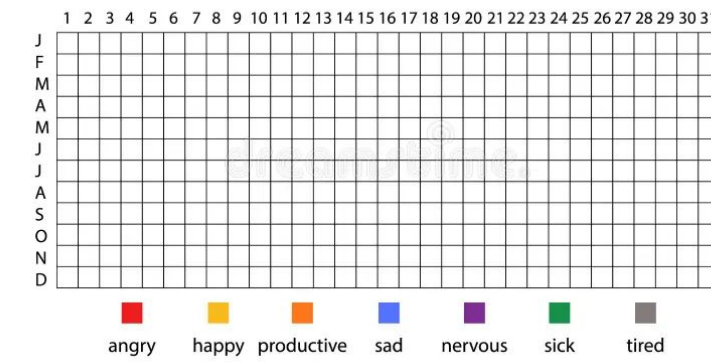


I Feel

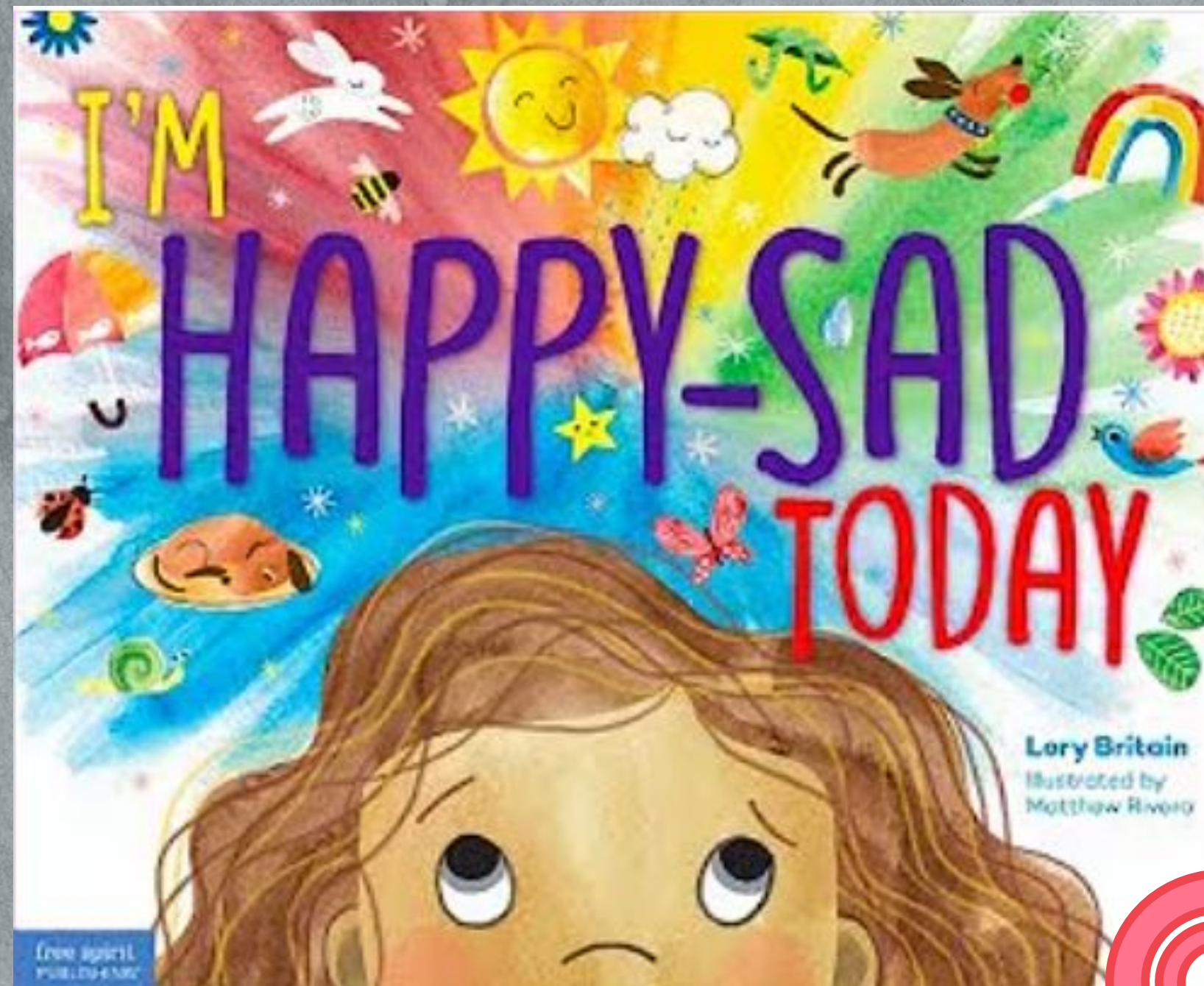
HOW ARE YOU FEELING?



MOOD Tracker

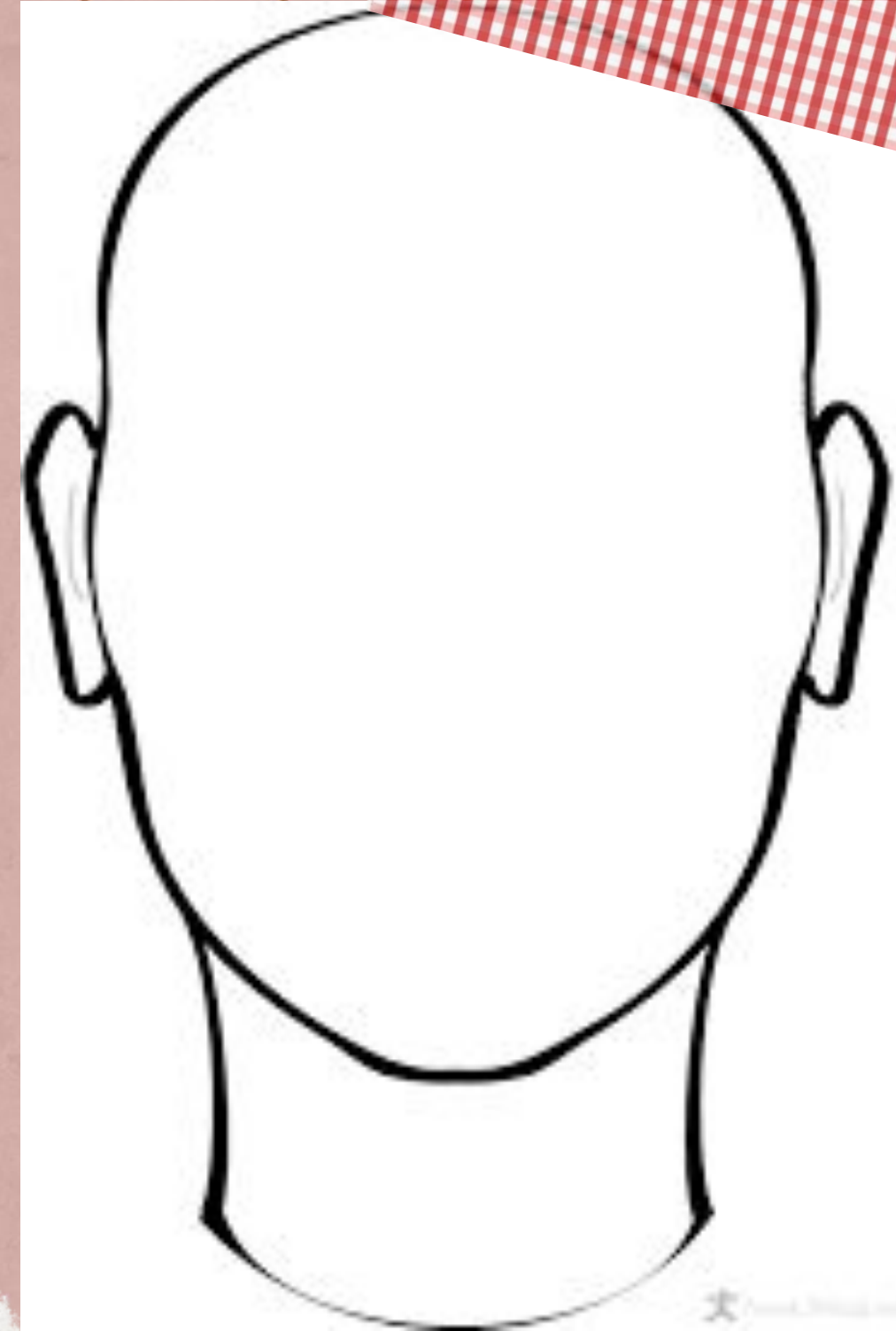


Read Aloud



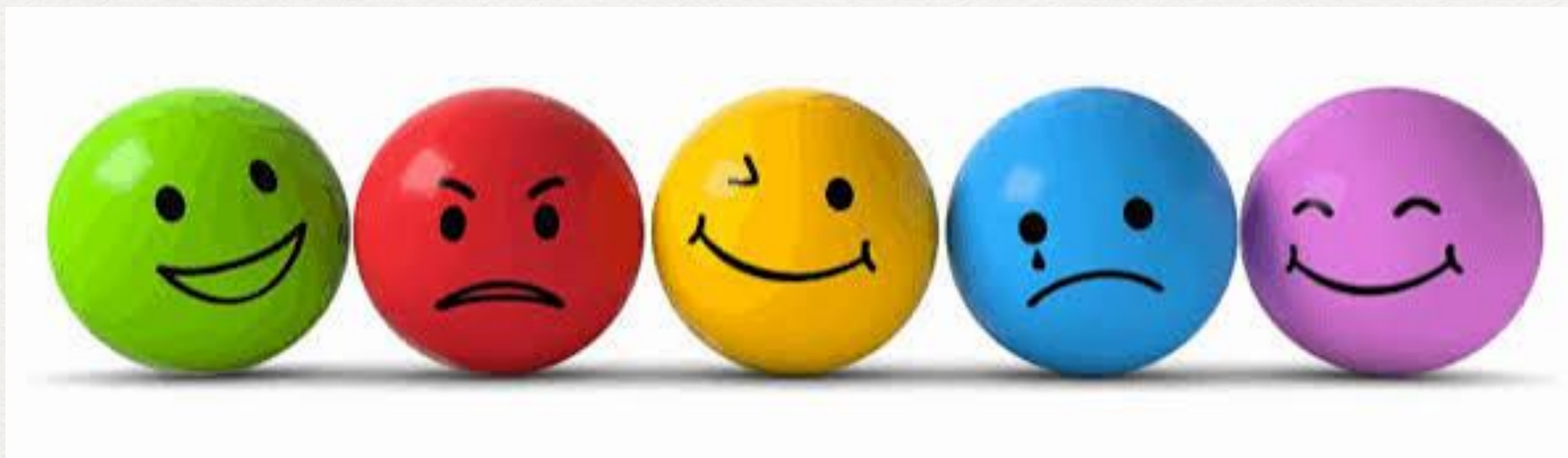
Activity Time

**Invent a
new
emotion**



Peace Out

**Today I learned that you can feel
_____ and _____ at the same time!**



Guardian Extension



Activities:

- + 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.

Credits

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