

The background is a solid teal color. It is decorated with various geometric shapes: yellow triangles, pink triangles, and small circles in blue, yellow, and orange. There are also white-outlined clouds. Two cartoon characters are present: a red one with yellow spots and blue horns on the left, and a purple one with a dotted trail on the top right.

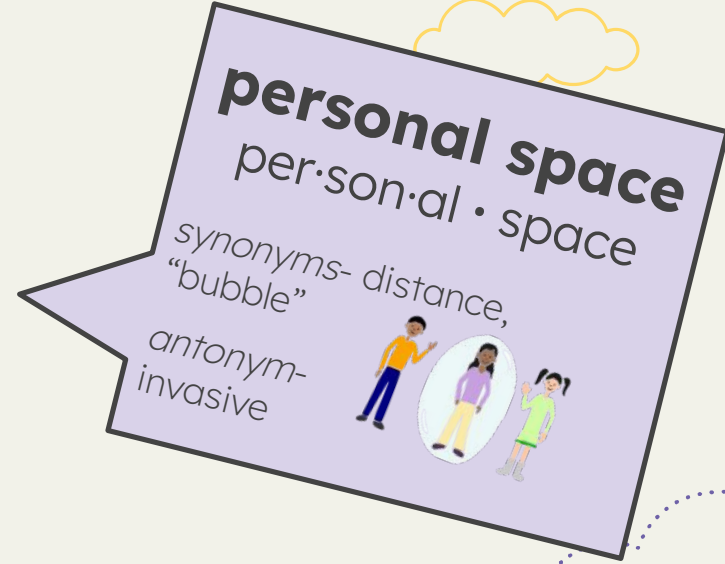
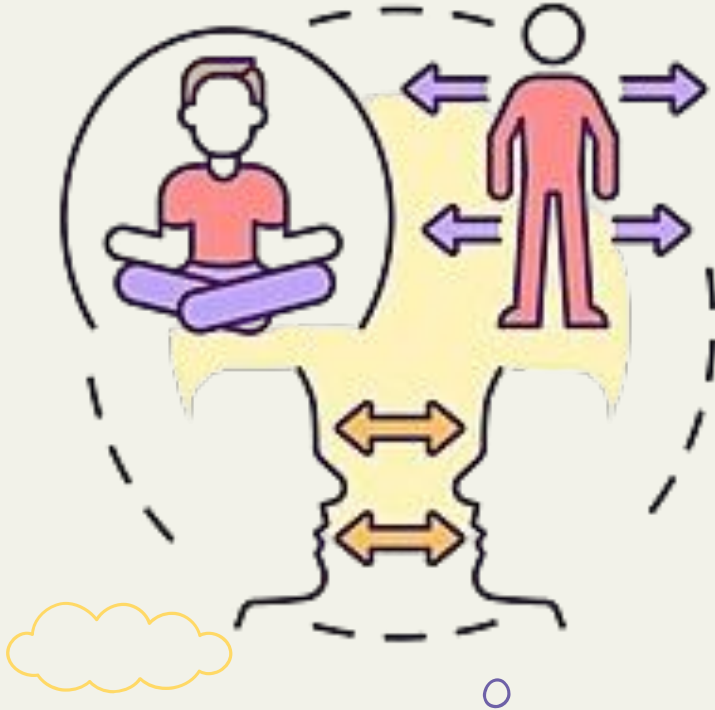
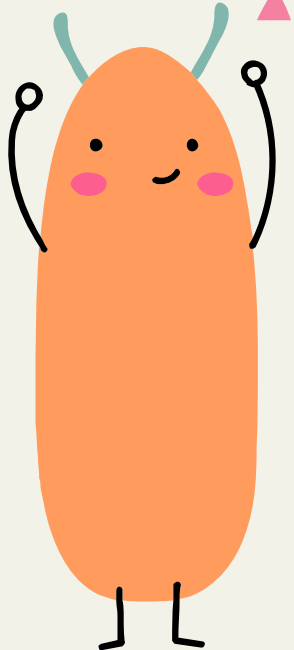
Identifying Feelings: Growing Our Zones Knowledge

1st Grade
Unit 2.1 – Regulation
Lesson 5

Class Connect

- “Have you ever felt super happy?” 😊
- “Have you ever felt angry or frustrated?” 😡
- “Have you ever felt sleepy or sad?” 😴😞

Review

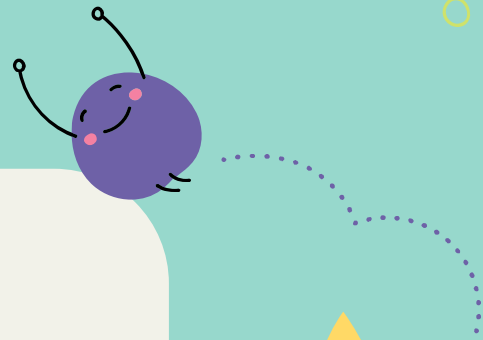
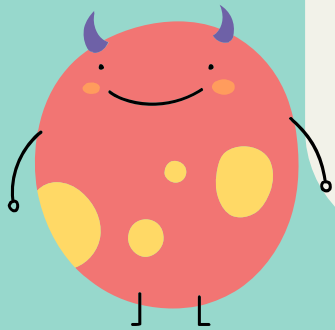


**TODAY'S
LESSON**

Identifying Feelings:

Growing Our Zones Knowledge

1st Grade
Unit 2.1 – Regulation
Lesson 5



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



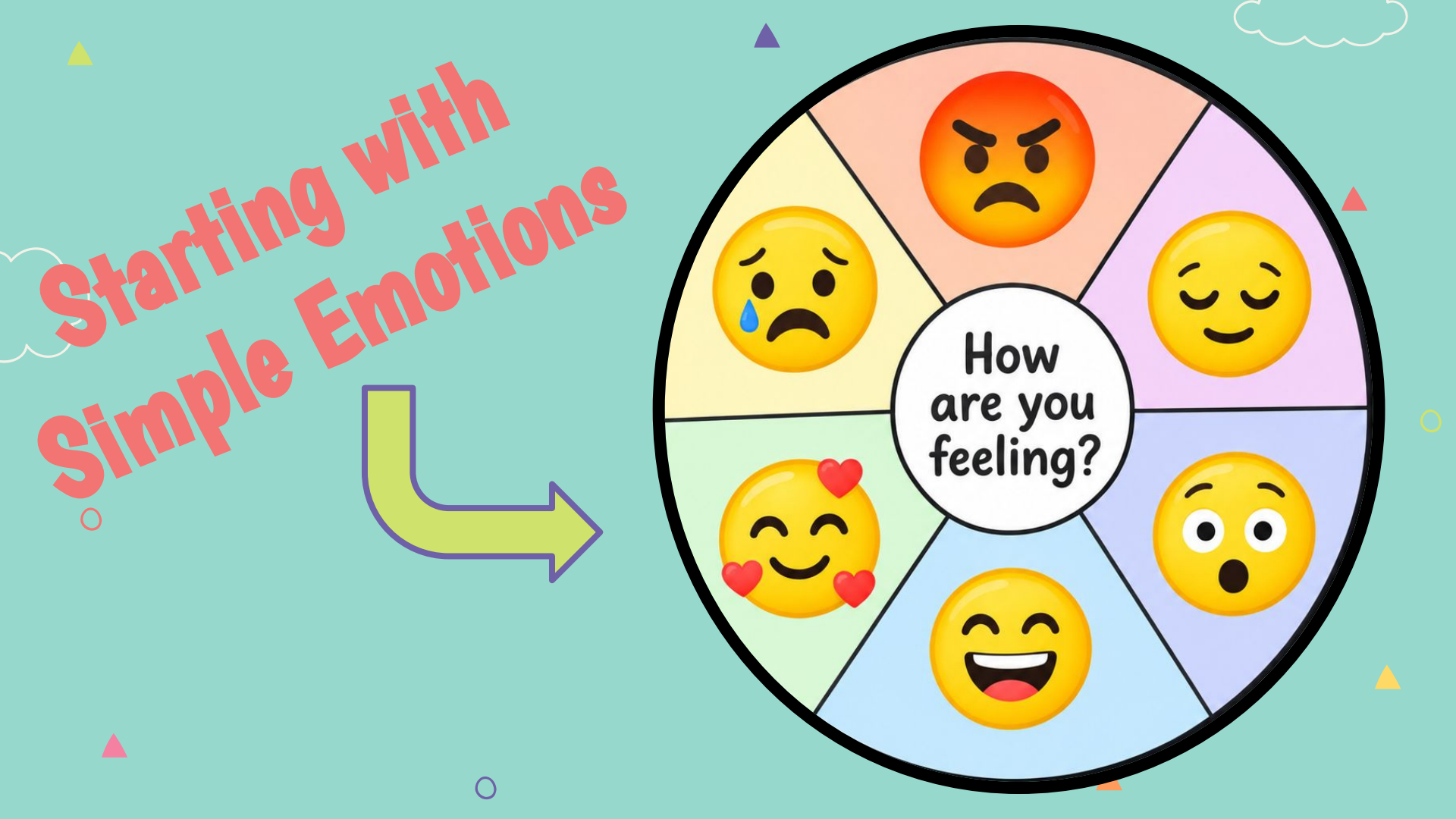
question



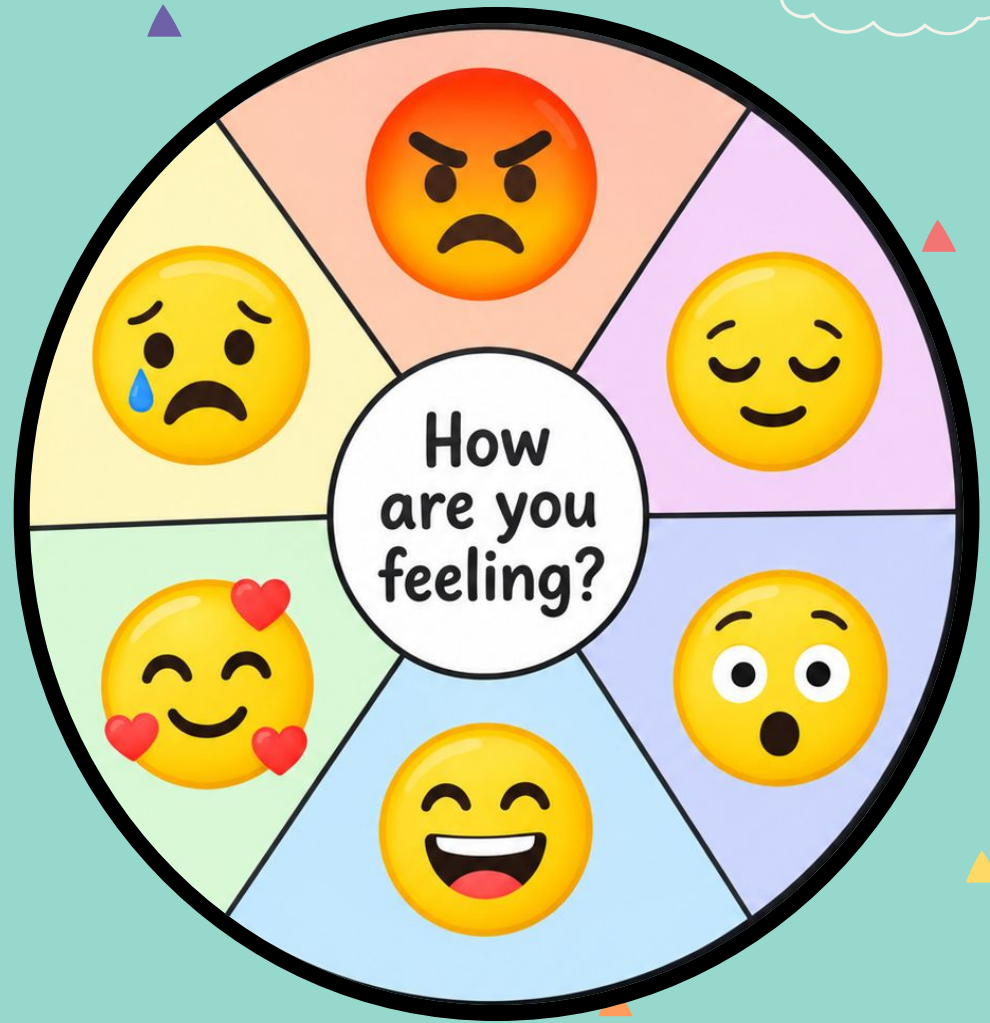
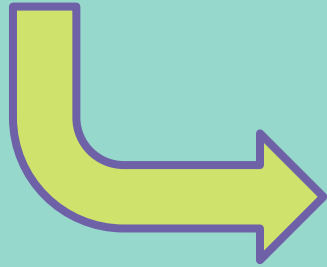
- What **emotion** is this person experiencing?
- How do you know?
- What might have made them feel that way?

non-example

- a flower being picked

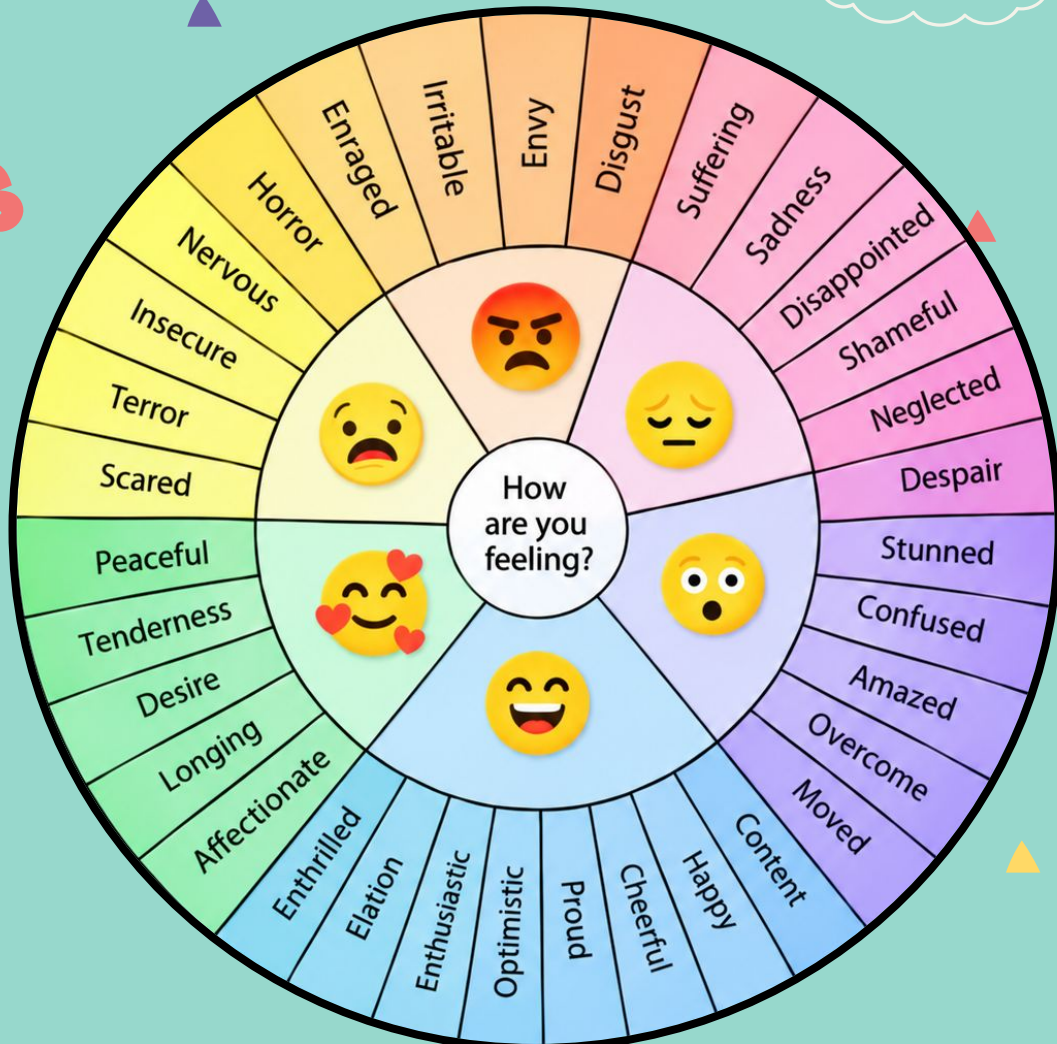


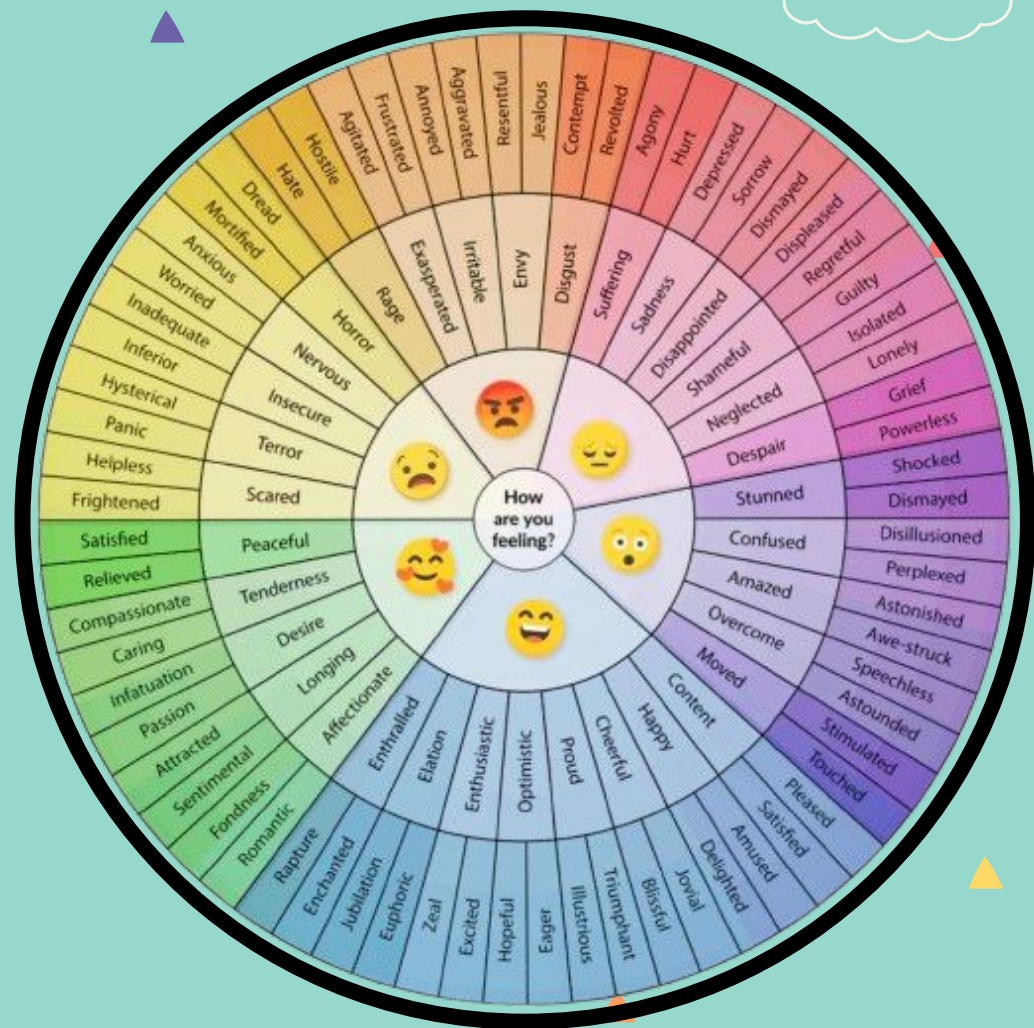
Starting with
Simple Emotions





Start Adding More Detailed Emotions







4
min

Bluey



Disney
Junior



▲ Movement Break



definition

- four categories of feelings and levels of energy
- tool to help understand, share, and manage our emotions

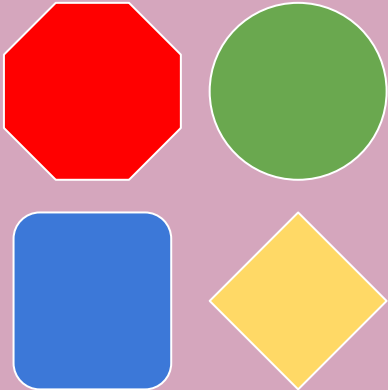
zones of regulation

👏 zones • of • reg-u-la-tion 👏

synonym-
categories of emotions
antonym- impulsivity

examples

- green- calm
 - ready to learn
- blue- sad, sleepy
 - Ask for a hug
- yellow- worried, scared
 - take a walk & get water
- red - mad, frustrated
 - take deep breaths



questions

- What **zone of regulation** are you in if you feel sick?
- What about if you are feeling silly?

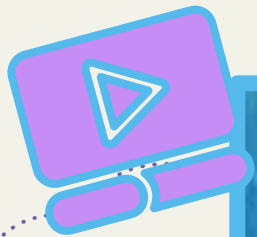
non-example

- fear being “in the purple”



UNDERSTANDING EMOTIONS

& THE ZONES OF REGULATION



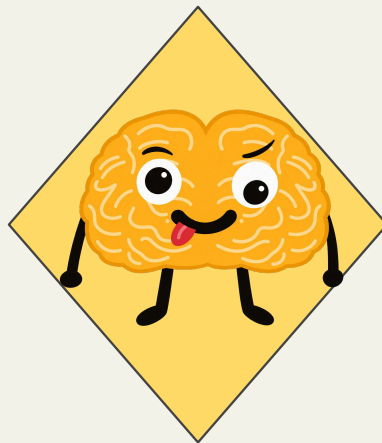
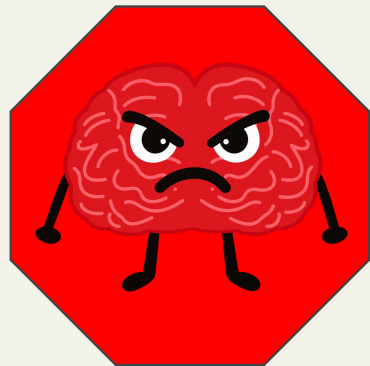
ZONES of Regulation

Review



RED Zone

Out of Control 

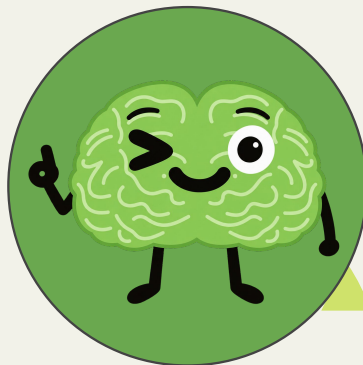


YELLOW Zone

Need To Go Slow 

BLUE Zone

Low & Slow 

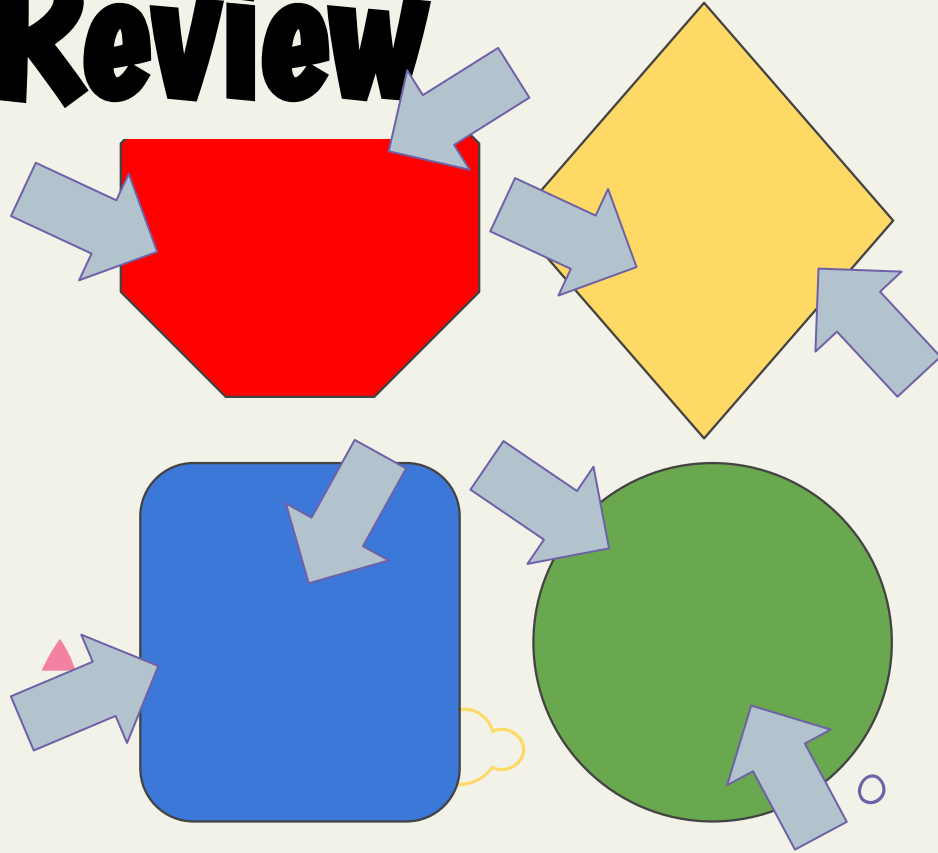


GREEN Zone

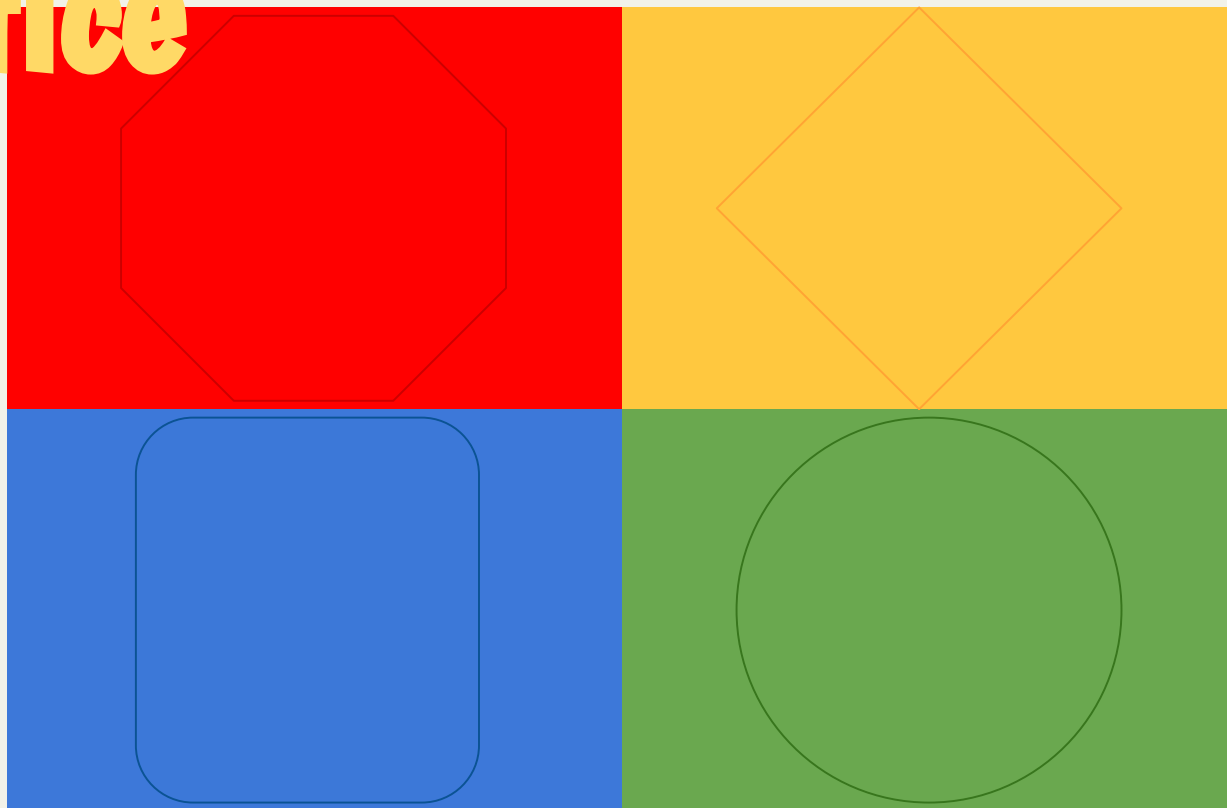
Ready To Go

ZONES of Regulation

Review



Let's Practice



Let's

Practice

ANGER



JOY



DISGUST



FEAR



ANXIETY



Let's

Practice

ANGER



JOY



DISGUST



FEAR



ANXIETY



Let's

Practice

ANGER



DISGUST



JOY



FEAR



ANXIETY



Let's

Practice



Let's

Practice

ANGER



FEAR



ANXIETY



DISGUST



JOY

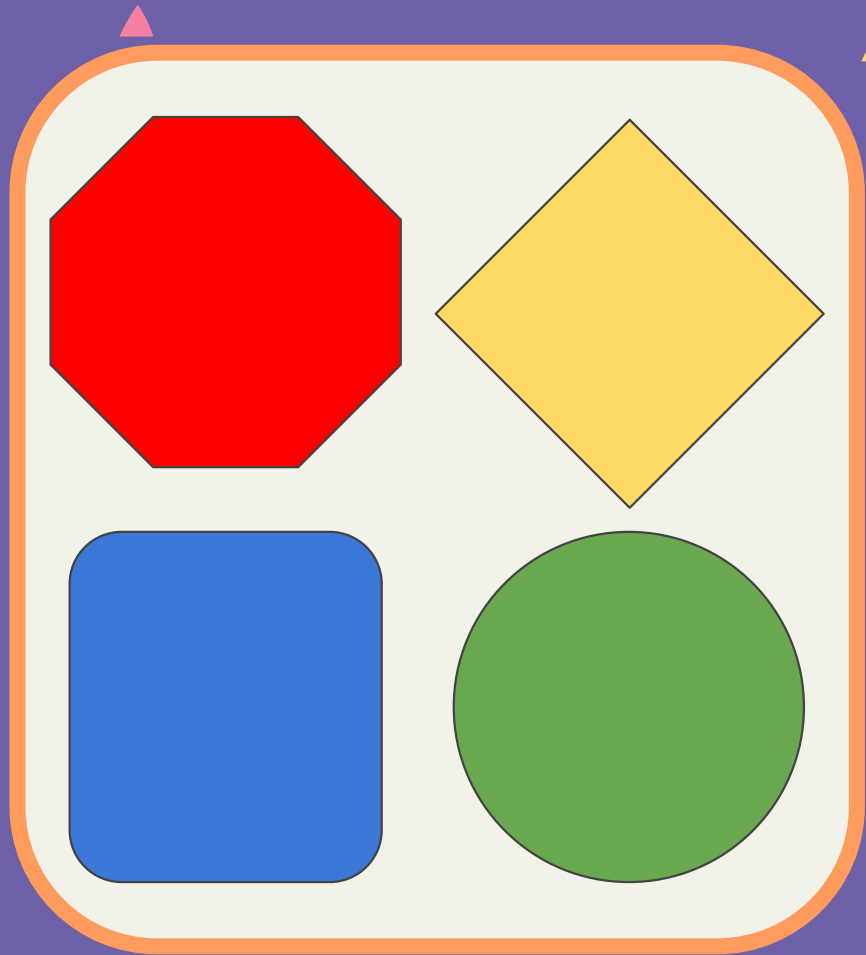


Activity Time



Sorting Emotions

- Place the new emotions you learned about today into the 4 zones!



Answer Key



ANGRY



ANNOYED



FRUSTRATED



FURIOUS



JEALOUS



SCARED



SHOCKED



STUBBORN



CONFUSED



DISGUSTED



DISTRACTED



EXCITED



IMPATIENT



NERVOUS



SILLY



STRESSED OUT



SURPRISED



WORRIED



BORED



DISAPPOINTED



GUILTY



HUNGRY



LONELY



SAD



SHY



THIRSTY



SICK



TIED



APPRECIATED



BRAVE



CALM



CONFIDENT



CURIOUS



DETERMINED



FRIENDLY



GRATEFUL



HOPEFUL



FOCUSED



HAPPY



LOVED

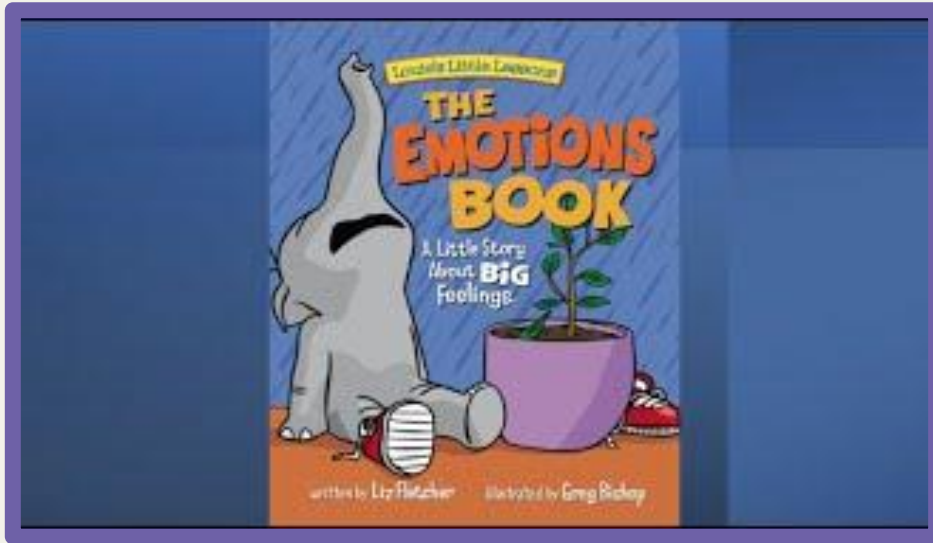


PROUD

Peace Out



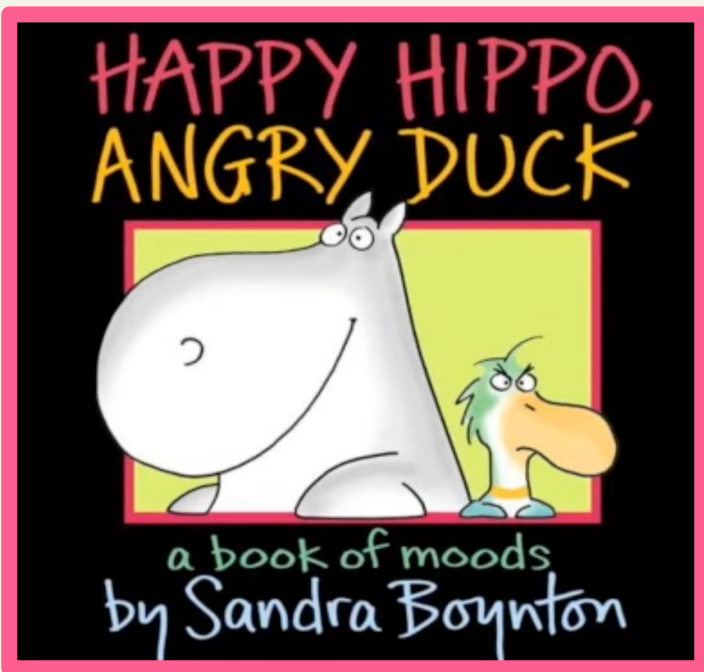
Guardian Extension



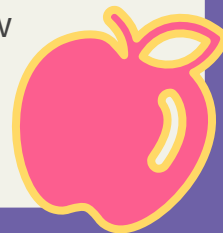
Discuss which
ZONE each of
the emotions
could be in

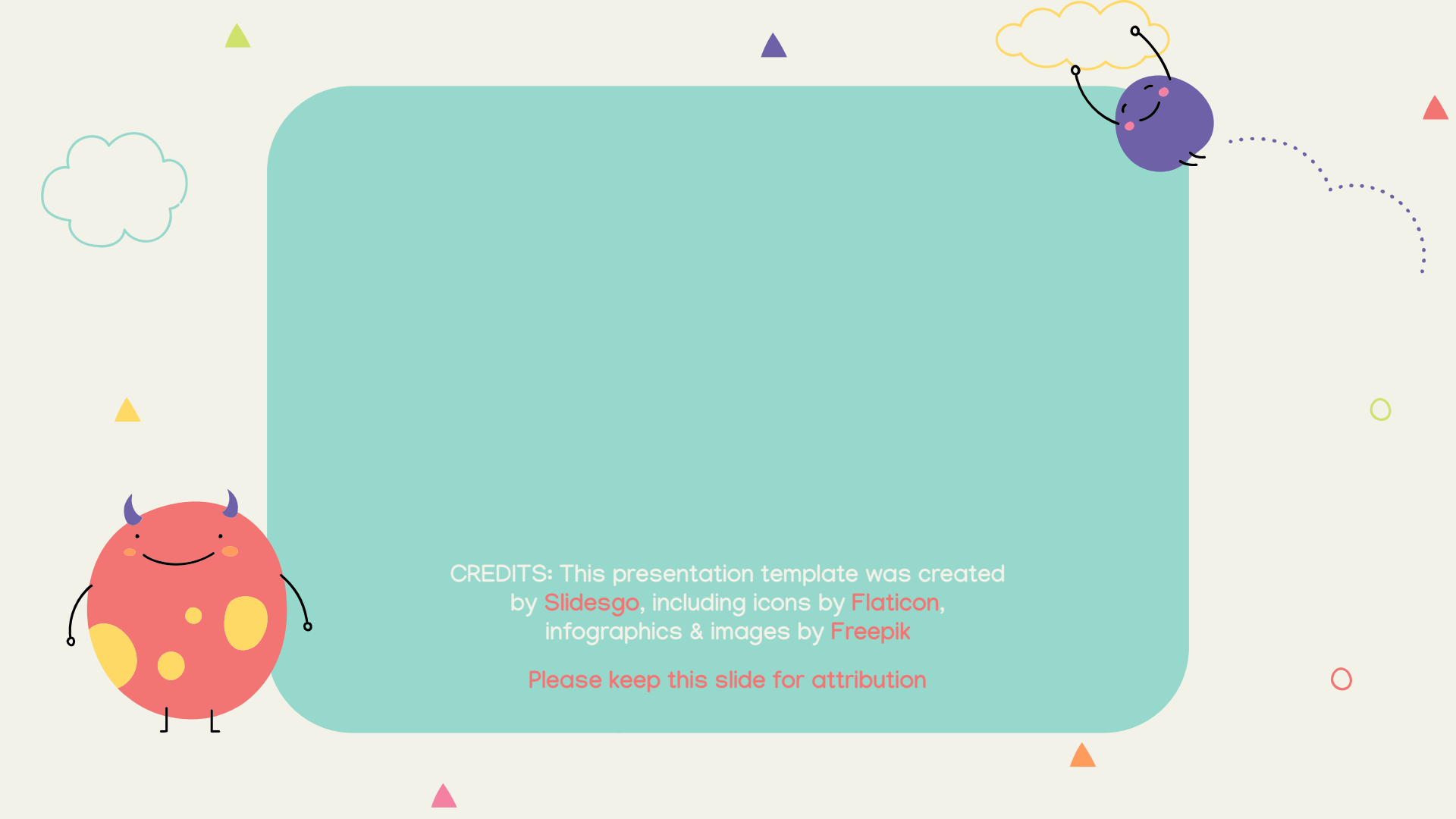


Teacher Extension



- Read Happy Hippo, Angry Duck with your class.
- As you get to different animals, challenge them to make that animal sound in the tone of the emotion
 - completely confused cow "mooo?" (with confused expression on face)





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