

Grades 2-5

Lesson 1  
BE YOUR  
OWN FRIEND

# Emotions Alphabet



Start being a friend to yourself by learning about your emotions | FOCUS: EMOTIONAL LITERACY

## Objective

Students will develop emotional literacy skills as they identify different emotions in their lives. Learning to recognize and name emotions is the key to building self awareness.

## Time

45 minutes

## Materials

Emotions Alphabet activity sheets  
Crayons or colored pencils  
Scissors  
Gluestick

## Teacher Resources for SEL

Explore the 8 emotions with the Plutchik Model 6sec. [org/a/plutchik](http://org/a/plutchik)

Get the emotions list 6sec.org/a/emotion

For more empathy-building activities visit: [RedNoseDayinSchool.org](http://RedNoseDayinSchool.org)

## VIRTUAL CLASSROOM

Lesson can be adapted to use breakout rooms for small group discussion for reflection questions or journal responses.

## ENGAGE

In this activity, we will spend some time getting to know ourselves and especially our emotions. *Why is learning about our emotions important?* Getting better at knowing ourselves and developing **SEL (Social and Emotional Learning) skills** is key to future success. SEL is important for establishing healthy relationships with friends and adults. SEL skills are a set of learnable and measurable skills just like math or reading. The SEL skill we are developing today is **Emotional Literacy**.

## ACTIVATE

The first step to learning Emotional Literacy is learning the ABCs of emotions.

- Ask students: *What are some feeling words they already know?* (e.g., mad, sad, happy...)
- Let students know that researchers have identified 8 basic emotions that every person experiences: JOY, TRUST, FEAR, SURPRISE, SADNESS, DISGUST, ANGER, ANTICIPATION
- Invite students to learn about the **Emotions Alphabet** by answering questions on Worksheet A to help them consider the 8 emotions in their lives.
- For younger students the teacher can read the questions and students can write or draw their answers.

- Cut, color, paste and fill in the Emotions Alphabet Worksheet B focusing on your emotions.

For the finished product, students can lift the flap on each section of the circle to reveal the answer beneath.

This page can be saved in a student journal as a reference during the year for more SEL lessons.

## REFLECT

Have students pair up and share their **Emotions Alphabet**. Ask them to reflect on this experience:

- *What was fun about identifying emotions?*
- *Were some emotions harder to talk about than others?*
- *What are some ways we can use the **Emotions Alphabet** in the future?*
- *How can the **Emotions Alphabet** help welcome new students into the class? Or help you as a new student?*



IN SCHOOL

# Emotions Alphabet



**ANTICIPATION** (color orange)  
Think of a special day of the year that you look forward to. What animal do you feel like when you wake up on that morning?

**JOY** (color yellow)  
What song or kind of music makes you want to jump up and dance? How do you show your friends your happiness?

**TRUST** (color light green)  
Think of a special friend in your life with whom you can share your feelings and thoughts. When you are with them, what does it feel like?

**FEAR** (color dark green)  
What are some things that make you a little scared? How do you help yourself feel safe again? Where is a place that you feel safe and cozy?

**SURPRISE** (color light blue)  
When have you been surprised? If surprise were an ice cream flavor, what would it taste like?

**SADNESS** (color dark blue)  
When you feel like crying, where do you feel it in your body? What helps make that feeling start to lift off of you?

**DISGUST** (color purple)  
What food tastes bad or disgusting to you? Can you imagine having to swallow it? What face do you make when you taste it?

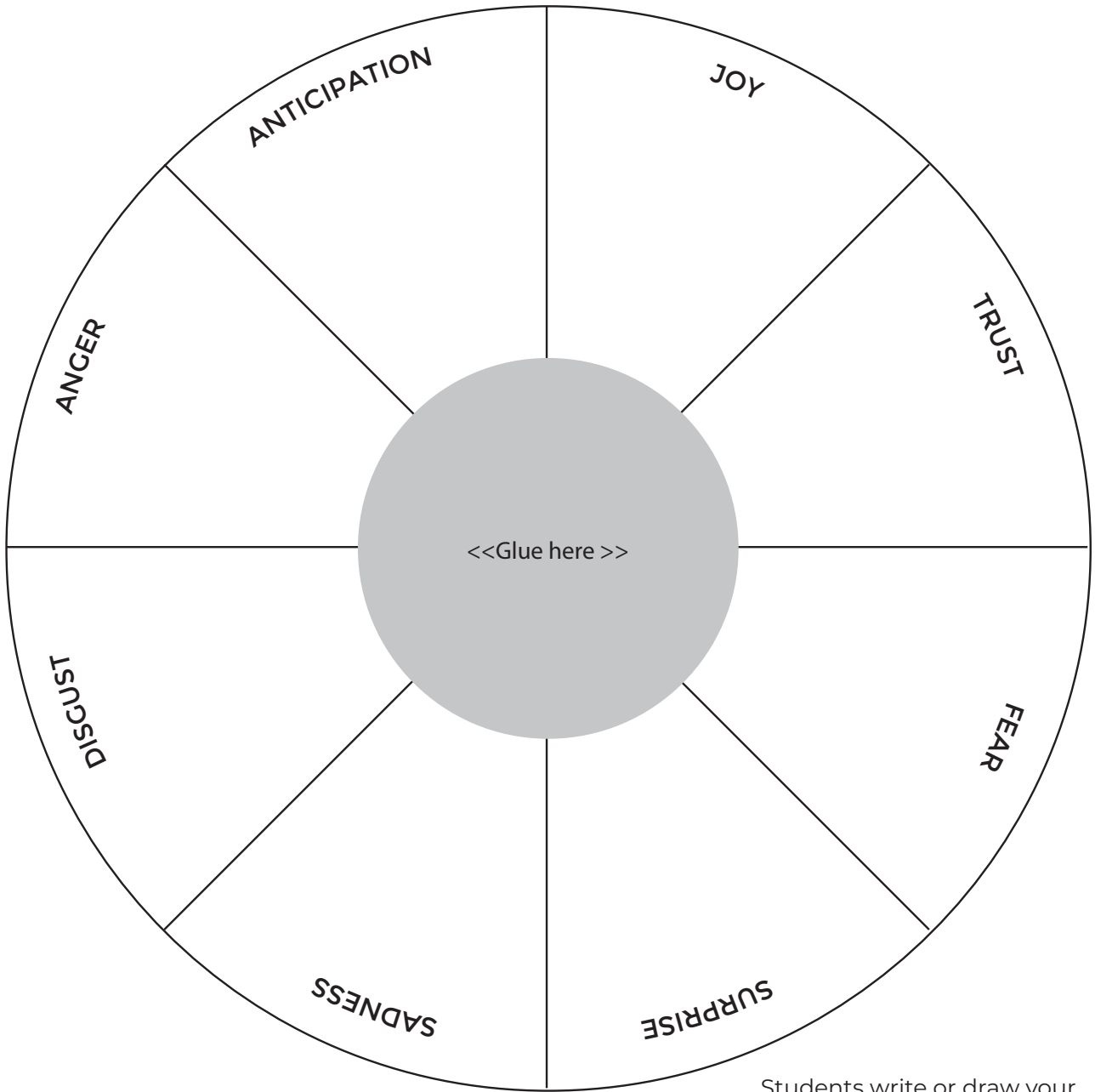
**ANGER** (color red)  
What makes you mad? Can you rank those mad moments from just a little mad to super mad? What is one way you can cool off your angry feelings?

name  
**Emotions Alphabet**

Students color and cut this sheet.

1. Read the questions in each section on **Template A** and draw or write your answers on **Template B**.
2. Color each section of the wheel on **Template A** following the color guide.
3. Cut each section on the dotted lines on **Template A** **\*\* stop at the center circle- don't cut through!\*\***
4. Use gluestick on **Template B** center circle, line up both **Template A** and **B** and glue them together.
5. Great job! You finished making an **EMOTIONS ALPHABET** lift-the -flap wheel! Keep this in your learning portfolio or display on a bulletin board.

# Emotions Alphabet



Students write or draw your answers on this sheet.

## INSTRUCTIONS:

1. Read the questions in each section on **Template A** and draw or write your answers on **Template B**.
2. Color each section of the wheel on **Template A** following the color guide.
3. Cut each section on the dotted lines on **Template A** **\*\* stop at the center circle- don't cut through!\*\***
4. Use gluestick on **Template B** center circle, line up both **Template A** and **B** and glue them together.
5. Great job! You finished making an **EMOTIONS ALPHABET** lift-the -flap wheel! Keep this in your learning portfolio or display on a bulletin board.