

# Lesson 3 – My Emotions



## Development

**Grade Level:**

**Lesson Title:** My Emotions

### **Learning Objective:**

- Develop an understanding of what you need to grow up happy and healthy
- Develop an understanding of our own emotions
- Identify what makes us happy\* - people, places, things
- Identify what makes us sad\* - people, places, things

\*Emotions can be changed/ adapted to suit the learners individual needs or ability, or the context of the lesson

**For the student's benefit, explain what students will be able to do by the end of the lesson and why these objectives are important to accomplish.**

**Some Learners:** Will be able to identify a range of emotions, giving reasons to why people may feel those emotions. They will be able to relate these emotions and feelings to their own experiences.

**Most Learners:** Will be able to identify what makes them happy/ sad and offer a reason why.

**All Learners:** Will experience a range of emotions

### **Key Questions:**

- Who can remember what we learnt about in our last rights lesson?
- What are children's rights?
- Who is the Children's Commissioner for Wales?
- Can anyone remember a right?
- What do we need to grow up happy?

**Materials/ Resources needed:**

- Social Story – “Growing up”
- Development Picture pack
- Symbols Cards
- Objects of reference
- “My Rights Booklet”
- Feelings cards (you could use feelings cards already available in your classroom).

**Introduction:**

Recap the previous lesson, highlighting the key aspects for the pupils.

As a group – read the “Growing up” Social Story or look at the development picture pack. Take time for pupils to share their opinions and ideas.

Use the feelings cards and ask children to identify the different emotions. You may wish to use the following questions with the cards:

- What makes people feel \_\_\_\_\_?
- What makes you feel \_\_\_\_\_?
- What do you do when you feel \_\_\_\_\_?
- What helps you to feel \_\_\_\_\_?

Explain that “development” is the same as growing up and that all children have a right to grow.

**Main Activity:**

Discuss what we need to grow up to be happy and healthy with an emphasis based upon what makes us happy/sad.

Using the “feelings cards” to support this activity, ask children to share what makes them happy. Use family, friends, swimming, playing on the computer as examples. Ask children to offer their own opinion about what makes them happy.

Led by an adult, make a graph/pictogram for the different things that make children within the class happy. Some of the more able learners will be able to further this by asking other classes what makes them happy.

**Ongoing:** Complete page 4 of the My Rights Booklet (5 things/ 10 things I need to grow up happy)

**Plenary:**

Recap of lesson:

- What have we learned today?
- What does growing up mean to you?
- What do we need to grow up to be happy?

**AFL:**

Revert back to the lesson objectives, have the pupils achieved the targets set out? Depending on ability, this may be ongoing.

**Differentiation:**

- Support hearing impaired learners with appropriate sign language
- Support ASD/ low level learners with PECS/ pictures of reference
- PMLD learners – make sensory emotion bottles, support the PMLD learners with colours of reference.

Lessons and activities created by Jonathan Whitchurch of Heronsbridge School in collaboration with the Children's Commissioner for Wales. Tell the Children's Commissioner about your work on rights by tweeting @childcomwales or e-mail [post@childcomwales.org.uk](mailto:post@childcomwales.org.uk)

