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Lesson Plans & Parents Guide

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LESSON:

IDENTIFYING EMOTIONS

Grade: Kindergarten

Unit: Self-Regulation and Well-Being

Subject: Self-Regulation

Date:

SPECIFIC EXPECTATION (S):

2.4 demonstrate self-control (e.g., be aware of and label their own emotions; accept help to calm down; calm themselves down after being upset) and adapt behaviour to different contexts within the school environment (e.g., follow routines and rules in the classroom, gym, library, playground)

SUCCESS CRITERIA:

Teachers should develop success criteria that reflect achievement of learning goals to align lesson plan with assessment/evaluation tools.

LEARNING GOALS:

- Students will learn to identify their emotions;
- Students will learn the Zones of Regulation and how to classify their emotions according to the Zones.

RESOURCES:

Primary Resource:

Who Do I Want To Become? Written by Dr. Rumeet Billan

For Extension:

Zones of Regulation: <http://www.zonesofregulation.com/index.html>

CONTEXT FOR LEARNING:

Students arrive in kindergarten with an emerging understanding of their emotions. *Who do I Want to Become?* provides an opportunity for students to discuss the emotions they feel as they begin to encounter questions about what they want to be in the future.

Zones of Regulation provides a common vocabulary about emotions for the classroom (and transferable to the home).

INSTRUCTIONAL DELIVERY:

Opening Activities:

Read *Who do I Want to Become?* and identify the emotions Dylan feels as he works through his project for Mr. Janzen.

Teaching Strategies and Content of Lesson:

Using paper and coloured pencils, students will draw their own face expressing each of the emotions that Dylan feels in the book as he tries to answer the question, “What do you want to be when you grow up?”

To Extend This Lesson:

Teacher mini lesson on each of the 4 Zones:

Blue: Sad, Tired, Unwell

Yellow: Excited, worried

Green: Calm, ready to work

Red: Angry, over-excited, unable to focus

Teacher creates grid of the 4 Zones and students sort their own faces according to Zone.

CONSOLIDATION

Reflection: What emotions do you feel when someone asks what do you want to be when you grow up?