

Learning Module 1: What's Inside Me



I Feel It in My Body 10 Minutes

Script:

We've talked about how our bodies tell us how we feel, often times before our minds do. Who has felt happy before? Let's all smile at each other for 10 seconds and see how it feels! Smiling can often make us feel happy even if we are having a hard time. Where in your body did you feel happy? Now let's make a mad face. Did that feel different? We all feel emotions in different parts of our body; if we can recognize these signs in our body we can be more aware of what we are feeling.

Give out handout for students to color in where they feel different emotions.

Emotions:

- Happy
- Sad
- Angry
- Excited
- Worried

Ask students: "What color takes up most of your body? Why do you think that is?"



Positive Thought Clouds 15 Minutes

Script:

We have talked about our thoughts and feelings over the past few weeks and even practiced some ways to better understand them. The more we focus on our positive thoughts the better we can do in school.

Create an example using a person and positive thought bubbles. Show students a completed drawing as an example, including some positive thoughts, E.g.:

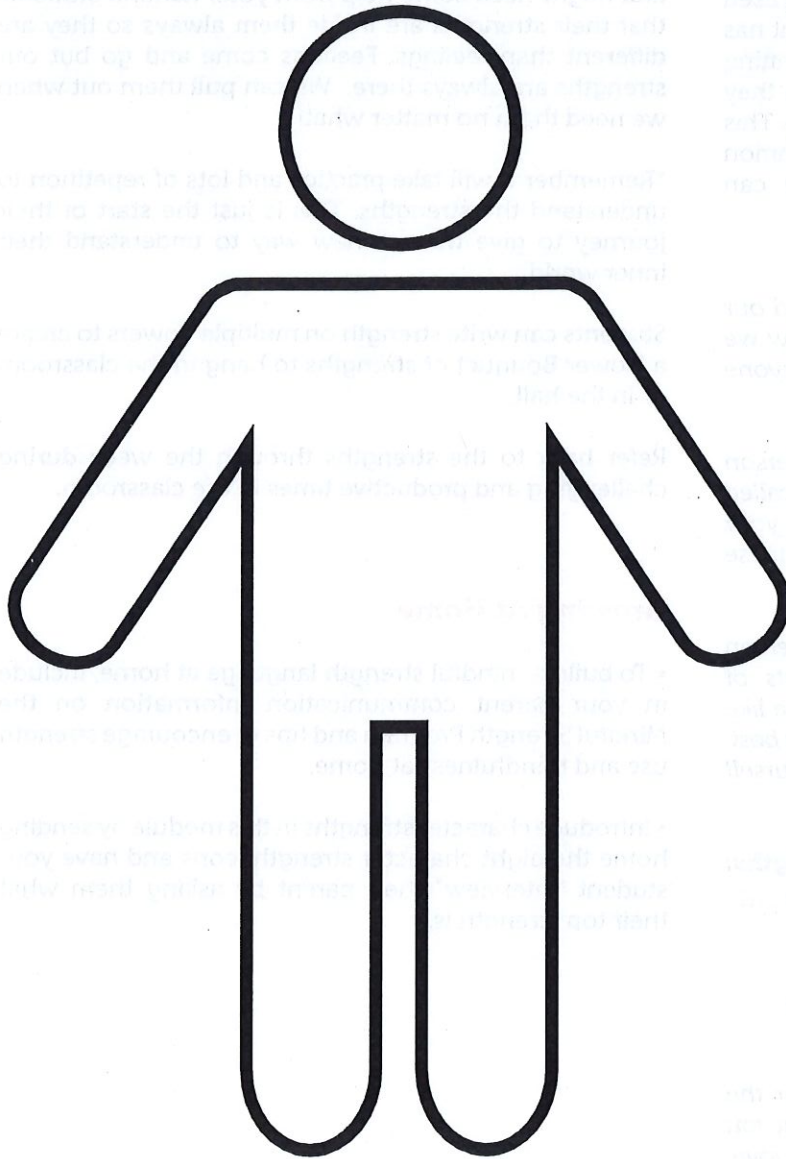
- Working hard will help me in math
- My family loves me
- School is fun

Students can write or draw positive thoughts in the bubble and draw themselves. Once students complete their picture have them share with the class and hang them on the bulletin board as a visual reminder of positivity in the classroom.

Name _____

I Feel It in my Body

Use the key to color where in your body you feel different emotions. Remember it may be different for everyone!



Happy



Sad



Angry



Worried



Excited