

Feelings and Emotions Unit
Focus: "Friendship"

Virginia's Foundation Blocks for Early Learning: Comprehensive Standards for Four -Year Olds, 2007

These standards are beacon lights for my curriculum. I adapt them according to the ability of my students. I use them as goals to strive towards or as background building for my students' future learning. These goals are my focus, but they are not the only objectives being utilized by the following lessons. Language and social goals are incorporated into our classroom daily routines.

I. Virginia Foundation Blocks For Early Learning

I. Personal and Social Development (pgs. 50-52)

- A. Self-Concept: Will demonstrate self-confidence and self-reflection
- B. Self-Control: Will show self direction and responsibility
- C. Interaction With Others: Will interact easily with other children and with familiar adults
- D. Social Problem Solving: Will learn and use non-physical ways to resolve conflicts.

II. Concepts to be taught:

- **The Emotions:** (Adjust according to the level of the children in your class)
- .We all have feelings; happy, sad, anger/mad, tired/sick, fear/afraid

1. What can hurt our feelings?

- Friends who won't play or share with us
- Being laughed at
- Being stared at
- Someone talking "grouchy" or "mean tone of voice", use a normal, inside voice to speak
- Someone saying "mean" or "unkind" words to us

2. What can embarrass us?

- burping
- passing gas
- being laughed at
- being stared at

3. What can make us afraid?

- Afraid : Can be afraid that something will hurt us: that is good if it warns of danger
- Can mean you are "scared"
- Can be afraid if you don't know what is going to happen
- Not Good: If "fear" keeps us from doing what we need to do

When Afraid We Sometimes Feel:

- nervous
- our hearts beat faster
- have sweaty palms/hands
- stomach may hurt
- may want to run away

4. When Angry We Can Do the Following"

- Tell the person bothering us to stop
- Talk to parent or teacher
- Walk away from the person making you angry
- Go to a "cool down" area
- Draw a picture,

5. We all need friends: How be to a good friend?

- be kind to one another
- play nicely and share
- respect each other's personal space (not get too close or in their face)

6. When we feel sick: (Mainly used with older children)

Examples: measles, chicken pox, ear hurt, stomach ache, broken limb, just don't feel good

- may have a fever, diarrhea , a rash, vomiting , stuffy nose, runny nose, or hurt somewhere in our body, coughing
- Parts of Body that might hurt: fingers, head, stomach, ear, nose, throat, chest
- Words to describe how you feel:
horrible, about to spit or/ throw up yucky, Ucky, sleepy/tired, throbbing, agonizing, burning , aching, sore, tender, hurting

***List of Words that are Convincing : So you can stay home:**

Use with the Poem : "SICK"

immediately, deathly ill, honest, please

III. Stories to Be Read:

1. The Gorilla Did It by Barbara Shook Hazen
2. Please and Thank You by Little Brown and Co Publishing
3. Hello and Goodbye by Little Brown and Co Publishing
4. Hands Are Not For Hitting by Martine Agassi, Phd. and Marieka Heinlen
5. Teeth Are Not For Biting by Elizabeth Verdick and Marieka Heinlen
6. Saying Sorry by Little Brown and Co Publishing
7. Alex and The Terrible, Horrible, No Good Day by Judith Viorst and Ray Cruz
8. Feet Are Not For Kicking by Elizabeth Verdick and Marieka Heinlen
9. Oh, I Am So Embarrassed by Anna Dickson (Sesame Street: A Growing Up Book)
10. Don't Be Shy by Anna Dickson (Sesame Street: A Growing Up Book)
11. Feeling Afraid by Joy Berry
- 12 Handling Your Ups and Downs by Joy Wilt
13. A Kid's Guide to Making Friends by Joy Wilt

III. Stories to Be Read: continued:

14. I Have A Cold by Grace Maccarone

15. Its No Fun To Be Sick by Caroline Barnes (Sesame Street; A Growing Up Book)

16. The poem: "*Sick*" by Shel Silverstein

IV. Activities:

1. Faces: Draw in emotions: happy, sad, mad and etc

2. Make Faces: Make different faces in a mirror

3. Color Sheets: Color sheets for Friendship

4. Booklet: Friend ship Book (Pre-School Mailbox, Feb/Mar, 2007)

5. Kindness Tree: Make paper hearts and put something kind on the heart about student to hang on tree. Read the heart to children in Circle

6. Cards: Make a card for a special friend in class: teacher write dictations down, children draw pictures

7. Read Stories and talk about the emotions

8. Friendship Cereal or Salad:

A. Cereal: Children bring in a favorite dry cereal, mix it all up and everyone taste

B. Fruit Salad: Each child bring in one of their favorite fruit: cut them all up and mix together, each child taste the salad

9. Germ Activity; Put hand lotion on children hands then sprinkle with glitter.

Have them hold up their hands. That is what "invisible germs" look like

***Things to Remember!**

- Remember to cover your mouth when you cough, cough into your elbow
- Use a klennex or tissue
- Wash hands