

<b>Lesson</b>	How Do I Feel?
<b>Unit</b>	Understanding Empathy
<b>Learning Intention</b>	Students explore how to identify others' emotions and practice kindness and empathy.
<b>Lesson Duration</b>	20 minutes
<b>Materials Needed</b>	None

### Lesson Structure

Introduce the lesson by explaining to students that they're going to be doing some role playing about emotions. This activity can be done in a circle or with students sitting at tables.

Invite two students to be the first role players. Take them aside and, without the rest of the class hearing, ask one to pretend that he or she is feeling sad. Ask the other student to comfort the sad friend by gently putting a hand on his or her back.

Bring the role players to the front of the room or into the center of your circle. Tell your role players to begin acting out their scene. As they're playing their roles, prompt with the rest of the students:

- How do you think [sad student - Dana] is feeling? How can you tell?
- How do you think [comforting friend - Taylor] feels? How can you tell?
- How is Taylor showing Dana he or she cares?
- Has something like this ever happened to you?
- The educator can share an experience to help prompt students.

Continue with more role playing by inviting different students to come up to act out a variety of scenarios while others think of ways to show they care. Here are some ideas:

- . . . is feeling sad because she lost her ball on the playground.
- . . . is feeling scared about going on the stage to sing songs during the preK concert.

- . . . is feeling mad because he wanted to be the leader and it's someone else's turn today.
- . . . is feeling frustrated because she wants to keep building with blocks, but it's lunch time.
- . . . is feeling sad because he misses his mom and doesn't want to go to after-school care.

### **Assessment**

Children will be able to verbally express or show they care about someone and demonstrate helping behavior and kind words.

### **Extensions**

Put the students in charge of the role playing scenarios. Ask students to act out a feeling and see if their classmates can identify it.