



Subject: Emotional Support

Grade Level: Elementary School

DI Strategy: Think Dots

Identifying Emotions Think Dots

The goal for this lesson was for students to be able to describe an emotion, compare it to another emotion, analyze the emotion and discuss methods for changing the emotion. We have previously discussed each of the emotions and how to address these emotions. Students have privately stated the emotions they struggle with, and I used a questionnaire we gave earlier to choose the emotions.

Based on the questionnaire, students were partnered with another student who also struggled with similar emotions.



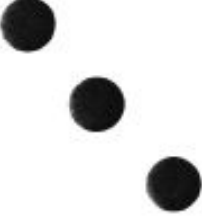

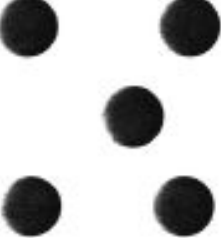
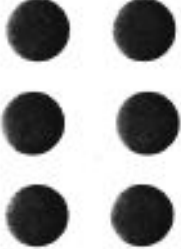
Students will roll 2 dice. 1 die will be used to choose the emotion on the Think Dots chart. The second die will be used to identify the statement to be answered.

Partner #1 would roll the die to see which emotion and statement needed to be addressed. Both partners would take time to think about their answers. Once both partners were ready, partner #1 shared his/her answer. Partner #2 could either agree or provide partner #1 with suggestions to improve his/her answer. Students then switched roles and partner #2 rolled the die. Students continued in this way until all the boxes were completed.

At the end of the activity, the class came back together as a whole and students took turns sharing out their answers they discussed with their partners. Other partnerships could then add any additional responses they came up with.



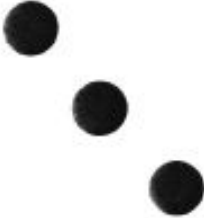

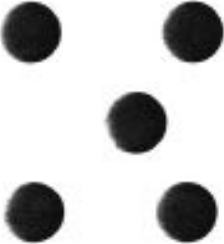


Emotions

<p>Anger</p> 	<p>Jealousy</p> 
<p>Sadness</p> 	<p>Fear</p> 
<p>Depression</p> 	<p>Annoyance</p> 



Questions

<p>Describe how it feels</p> 	<p>Roll a die and compare to another emotion</p> 
<p>Tell a time you felt it</p> 	<p>What might cause this emotion?</p> 
<p>How can you address this feeling?</p> 	<p>What might happen if this feeling is left unaddressed?</p> 