

LESSON PLAN

Navigate your lesson with this guide to make time for meaningful discussions.

Summary

Date	
Subject	Theme: Learning Emotions and Expressing Feelings
Year Group or Grade Level	Beginner
Duration	1 Lesson - 45 minutes

Materials Needed

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- Flashcards with pictures of emotions.
- A mirror for students to practice facial expressions.
- A matching worksheet for emotions and words.
- Whiteboard and markers



Learning Objectives

Lesson Objectives

By the end of the lesson, students will:

1. Recognize and name basic emotions (e.g., happy, sad, angry, tired, excited).
2. Use gestures and facial expressions to demonstrate emotions.
3. Answer the question: "How do you feel today"

Lesson Outline

Duration	Guide to Lesson
<p>Warm-Up (5 minutes)</p>	<ul style="list-style-type: none"> ● Emotion Song: Sing an emotion-themed song like:  “If you’re happy and you know it, clap your hands!”  <ul style="list-style-type: none"> ○ Change the lyrics to include other emotions: <ul style="list-style-type: none"> ■ “If you’re sad and you know it, say boo hoo!” ■ “If you’re angry and you know it, stomp your feet!” ● Encourage students to act out the emotions as they sing.
<p>2. Introduction (10 minutes)</p>	<p>Activity 1: Introducing Emotions</p> <ul style="list-style-type: none"> ● Show flashcards of emotions (e.g., happy, sad, angry, tired, excited). ● Say each emotion and ask students to repeat: <ul style="list-style-type: none"> ○ “This is happy. Say it with me: happy.” ○ “This is sad. Say it with me: sad.” <p>Activity 2: Facial Expression Practice</p> <ul style="list-style-type: none"> ● Use a mirror to show how each emotion looks. ● Ask students to mimic your expressions while saying the emotion: <ul style="list-style-type: none"> ○ “Look, I am happy!” (Big smile.) ○ “Now I’m sad.” (Frown.)
<p>3. Guided Practice (15 minutes)</p>	<p>Activity 3: Act and Guess</p> <ul style="list-style-type: none"> ● Act out an emotion (e.g., smile for happy) and ask students: “How do I feel?” ● Guide them to answer: “You feel happy!” <p>Activity 4: Matching Game</p> <ul style="list-style-type: none"> ● Place flashcards of emotions on the board. ● Say an emotion (e.g., “I am excited”) and ask students to match it to the correct flashcard
<p>4. Independent Practice (10 minutes)</p>	<p>Activity 5: Emotion Survey</p> <ul style="list-style-type: none"> ● Students walk around the classroom asking classmates, “How do you feel today?”

	<ul style="list-style-type: none">• They record answers by drawing faces or writing emotions in a chart.
5. Wrap-Up and Assessment (5 minutes)	<p>Activity 6: Sharing Feelings</p> <ul style="list-style-type: none">• Each student shares one sentence about how they feel today:<ul style="list-style-type: none">◦ “I feel tired.” <p>Exit Ticket: Each student asks and answers one question with a partner:</p> <ul style="list-style-type: none">• “How do you feel today?”• “I feel excited.”

Notes

Homework for Lesson 1

- **Task:** Draw a picture of how you feel today and write one sentence:
- “I feel happy.”

Assessment Criteria for Both Lessons

- Identifies and names basic emotions accurately.

Question and Answer Skills:

- Asks and answers “How do you feel today?” fluently.

Sentence Formation:

- Forms sentences to describe emotions using “I feel ___.

Remember

Classrooms and the levels of students can vary, try to adapt it to your students and have fun!