

Lesson Plan:

“I’m not Happy!”

Early Childhood

(3 to 5 yrs)

Subject:

Emotional competence.

Focus:

Expressing emotions verbally.

Overview:

Some of the activities are planned, but at other times take advantage of teachable moments.

Purpose:

To help young children verbally express positive and negative emotions.

Objectives:

- Learn how to express positive and negative emotions verbally.
- Enrich emotional communication skills.
- Increase emotional competence.
- Increase social competence.

Resource Materials:

- *Alexander and the Terrible, Horrible, No Good, Very Bad Day*, by Judith Viorst.
- Pictures of adults and children of different genders, races, and ethnic groups expressing various emotions.
- Paper.
- Nontoxic crayons.
- Nontoxic markers.
- Pencils.

Activities and procedures:

1. During circle time, do either of these activities:
 - A. Read and discuss the book by Judith Viorst, OR
 - B. Look at and discuss the emotions expressed in the pictures, and ask children to talk about those emotions.
2. Engage the children in a structured or free-play art activity where they draw faces to correspond with various emotions and then label the emotions verbally and graphically, with pictures.
3. Take advantage of teachable moments when children are having trouble expressing their emotions. Get down on their level and help them understand how they are feeling at that moment; get them to talk about and express their feelings in their own words.

Tying It All Together:

The verbal expression of emotions is an important skill, especially for young boys. The emotional and social development of girls, too, will be helped tremendously by verbally expressing their emotions.

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