



Understanding Feelings: Understanding our feelings and what causes them supports relationships. We will learn to identify our emotions and create a safe space where we can have open and meaningful conversations about them.

L
E
S
S
O
N
S

What do my feelings look like?

By becoming aware of how we perceive our feelings, we can understand them better. This understanding is the initial step in learning to manage our emotions effectively.

How can I handle my feelings?

Discover smart ways to manage our feelings as they pop up. We will look at how our emotional reactions affect us and those around us and find out how we can let out tough emotions in a good way.

Can I understand others' feelings?

Grow our ability to understand and feel what others are feeling. We'll learn how to make everyone feel safe and comfortable when sharing their feelings, creating a place where we all belong and understand why we react the way we do.

Lesson Plan: What do my feelings look like?

Lesson support:

- Click on the lesson plan for a detailed guide to each activity.
- There are supporting notes beneath each slide
- Note: Most CfL activities work best when the teacher does them with the students.

Equipment needed:

- Pencil, paper, computer, projector, [Pre-Learning Survey](#)

Lesson Plan - What do my feelings look like?

Purpose : By becoming aware of how we perceive our feelings, we can understand them better. This understanding is the initial step in learning to manage our emotions effectively.

Equipment needed: Pencil, paper, computer, projector, [Pre-Learning Survey](#)

Lesson timings (50 minutes): The timings are just a guide. The lesson can be delivered as a whole, in sections, or if there is a rich discussion in one section, take the time and allow that to develop.

Pre-Work Teachers		
Students : Complete the Pre-Learning Survey before or at the start of the lesson. Make a note of your responses so you can see if there is a shift in your thinking by the end of the topic.		
Lesson structure	Lesson Content	Resources / Comments
Class Environment 5C Slide	Share the 5C's of the CfL classroom to create a respectful, safe atmosphere and to build trust with each other. Together we are growing a creative, critical, caring, collaborative environment where positive, supportive communication is developed through listening, sharing and building on ideas.	Remind learners how a classroom that explores CfL topics needs to look, feel and sound.
Check-In Whole group (5 mins)	Invite students to use the Emotion Wheel to find how they feel. Ask them to find the best word for their feelings by: <ul style="list-style-type: none">● Starting on the inside of the wheel● Finding the word that best fits how they feel● Say the feeling to themselves	Teacher may like to model how this works by thinking aloud as they use the wheel
Warm-Up Whole Group (15 mins)	Introduce students to the idea that emotions often have colours and shapes in our mind. We are going to bring out attention to what emotions look like for us. Name that emotion! <ul style="list-style-type: none">● Discuss which colour(s) is associated with the emotions listed.● Decide which of the 6 emotions shown could be represented by the shapes on the slide.	
Main Activity Individual/Pairs/Groups of 8 (25 mins)	Students will select an emotion themselves. Encourage them to: <ul style="list-style-type: none">● Imagine its shape and colour.● Draw the emotion● Ask their partner to guess which emotion it is.	Encourage conversation prompts such as "how did you show calm so perfectly?" "I have never thought of excitement as looking like that?"
Imagining emotions	Get together and create a mural of feelings	

Lesson Video Guide: What do my feelings look like?

Lesson support

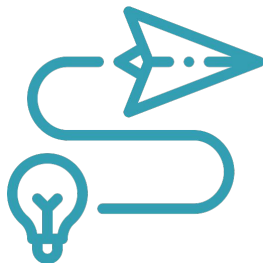
Click on the video for a short introduction on how to approach this lesson.



The 5 C's



Collaborative



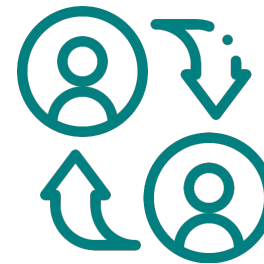
Creative



Caring



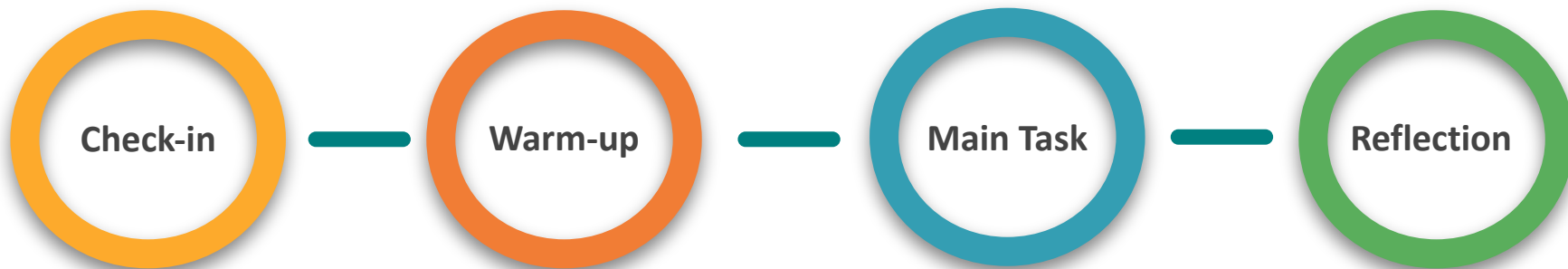
Critical



Communication

What do my feelings look like?

By becoming aware of how we perceive our feelings, we can understand them better. This understanding is the initial step in learning to manage our emotions effectively.



How are you feeling?

Name that emotion!

Imagining
emotions

Debrief

“Your emotions make you human. Even the unpleasant ones have a purpose. Don't lock them away. If you ignore them, they just get louder and angrier.”

–Sabaa Tahir

Complete the emotional awareness questionnaire.

- Read and think about each statement.
- Mark the box that best describes how you see yourself.
- Higher scores are not better or worse – they're just for your awareness.
- Be true to yourself and choose the response that feels closest to how you think about yourself.
- Ask for more information if needed.

Keep a record of your responses to the questions. You will repeat this at the end and see if your responses change.

	Never	Rarely	Sometimes	Often	Always
<u>Emotional Awareness Survey</u>					
I react to things before thinking too much					
I can usually calm myself down when I feel intense emotion.					
I can show my feelings without hurting anyone.					
I can understand how someone else feels					
I can see an argument from both sides.					

[Adapted from The Center for Youth Impact \(GWC\) Youth Rating Tool](#)



Check-in: How are you feeling?

Whole
Group

Start in the middle of the colour wheel and decide:

- Which side of the wheel are you on (controllable or uncontrollable emotions)?
- Find a word that best fits how you feel
- Say the name of your feeling to yourself.





Warm-up: Name that Emotion!

Whole
Group

“When I'm happy I see a blue color floating in the air. It's slightly transparent and usually lasts only for a second or two. I see magenta when having really negative emotions.” - <https://www.thesynesthesiatree.com>

Discuss which color you associate with being:

- Happy
- Lonely
- Excited
- Jealous
- Relaxed
- Bored
- Shocked

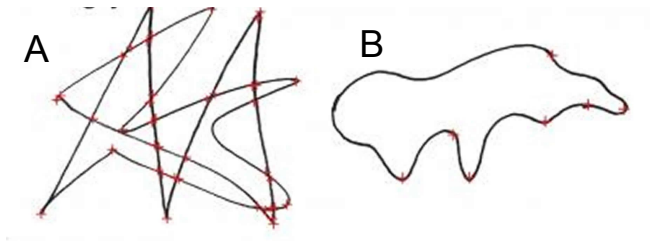


Warm-up: What shape are your emotions?

Groups of 4

Working in groups, decide:

- Which emotion is shown by each shape below:



- Use the list of emotions below to decide which of the shapes represents each emotion.



1



2



3



4



5



6



7



8



9



10



11



12

Happy, trust, fear, surprise, sadness, anger

Select a feeling (emotion) that you want to draw.

Imagine your drawing will be displayed in an art gallery.

Take 10 minutes to:

- Draw the feeling using **shape, colour or an image**.
- Ask your partner to guess the feeling. They can ask questions.

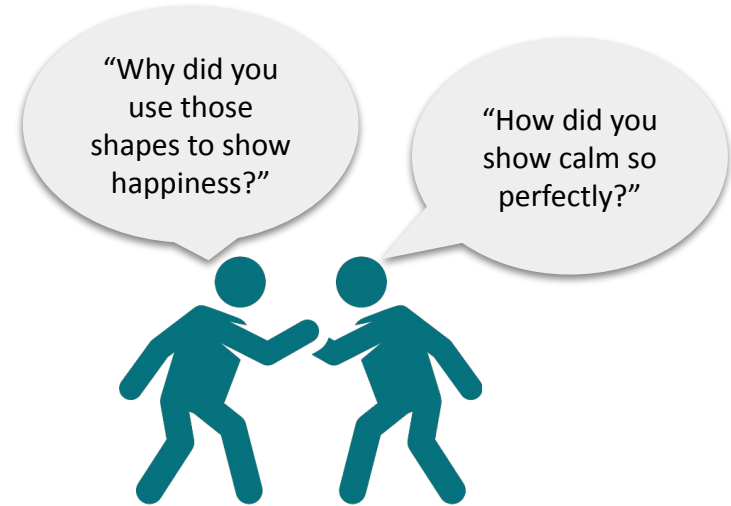


https://iuliannakunstler.com/art1_ea_shape.html

Put your drawings together to make a mural of feelings:

Gather around the mural as a group of **'emotion experts'**

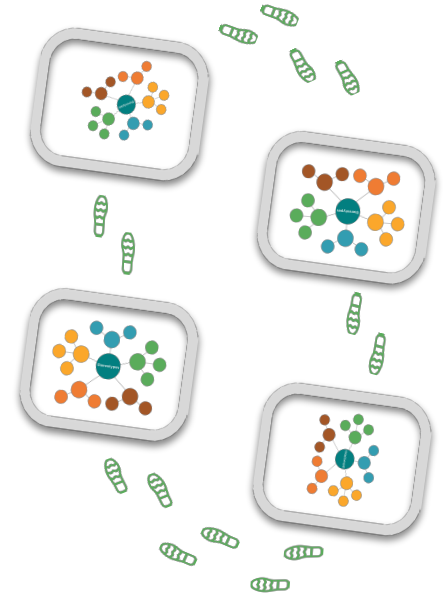
- Ask questions on how each drawing shows an emotion?
- Bring an emotion to life, taking it in turns to use imaginative language and gestures to describe the feelings.



- Walk around and view the class murals
- Look at all the feelings and the different ways we think of them.

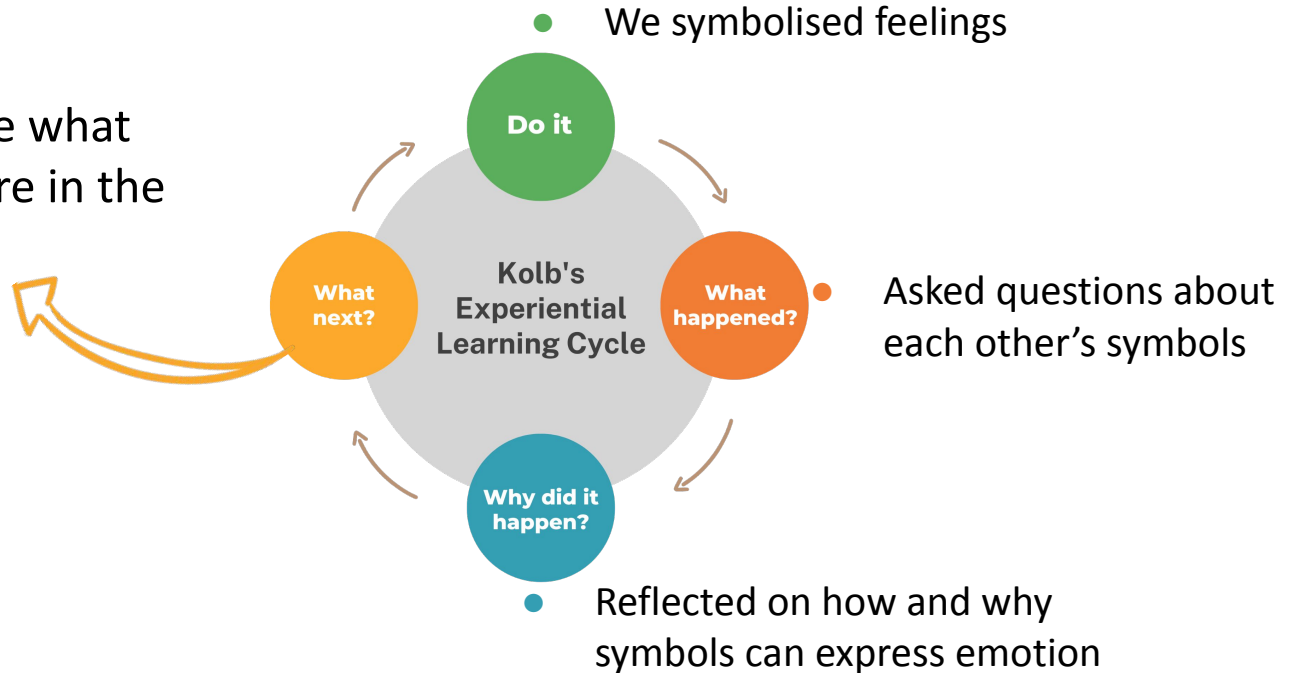
Group discussion:

- How can art help us understand our feelings?
- Can art help us understand our classmates' feelings?





- How can you use what you learned here in the future?



How was this lesson produced?

This lesson was co-created with youth, educators and topic experts from around the world.

Together, we:

- Discussed what, why and how we'd like to learn
- Curated resources
- Created experiential learning activities
- Weaved in evidence-informed approaches
- Built-in opportunities for reflection and contextualisation



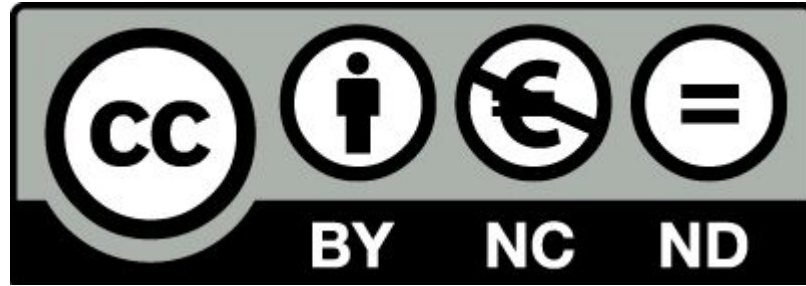
Co-creation Journey: Positive Relationships



CURRICULUM
FOR LIFE



CURRICULUM
FOR LIFE



© 2023. Except where otherwise noted, this work by [Curriculum for Life](#) is licenced under a [CC BY NC ND 4.0 license](#).



curriculumforlife.com

[Instagram](#) | [LinkedIn](#) | [Twitter](#) | [Facebook](#)

Co-creating freely accessible [Life Skills Learning](#)