

HARMONY OUT-OF-SCHOOL TIME

Unit 1, Lesson 1 – Recognizing Emotions (Page 1)



Start With A Quick Connection!

(5-10 min)

You are encouraged to start and/or conclude the activity with one of our Everyday Practices—Meet Up or Buddy Up as time allows. Use one of the following suggested Quick Connection Cards (QCC) for Meet Up or Buddy Up.

- **Conversations**—“The human race has one really effective weapon, and that is laughter.” -Mark Twain / What is something that has made you laugh this week?
- **Collaborations**—MIRROR, MIRROR: Take turns mirroring your buddy’s actions.
- **Community Builders**—HOLD THAT POSE: One youth starts as “it” and calls freeze for everyone else to act like statues. The person who is “it” tries to make the statues break out of character and laugh. The first to laugh becomes “it” for the next round.

LESSON OVERVIEW (Total Lesson: 15-20 min)

Youth learn to recognize emotions in themselves and others, recognizing that people may experience different emotions based on the situation.

Step 1: Get Ready (2 min)

MATERIALS



- Emotions Clues Chart*



Instead of printing or displaying, discuss how different emotions can look, sound, and feel.

PREPARATION



- Seat youth comfortably in a circle or semicircle.
- Work with the whole group first and then buddy pairs.

*Materials at end of lesson

Step 2: Get Set (3-5 min)

Introduce youth to the activity.



SAY: *We all experience emotions—they are a part of who we are as humans, but how we experience them may be different based on who we are and what the situation is, and that is okay. There is not one right way to experience emotions.*



DO: Post or display the **Emotions Clues Chart** and discuss that emotions can look, sound, and feel differently based on the emotion.

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ASK: Have youth discuss their experience with emotions. Pause for responses after each question.

- *Tell me about a time when you experienced one of these emotions. What happened?*
- *What did it look like, sound like, and feel like?*

Step 3: Go! (8-10 min)

Guide youth through the activity.



SAY: *I am going to present some scenarios. With a buddy, you are going to act out how you would feel if that scenario happened to you. You will each get to act out the scenario because your emotions may look, sound, and feel different from each other.*



DO: Model a scenario. Choose two volunteers to act out this scenario: At a soccer game, you accidentally kick the ball into the other team's goal—scoring for the wrong team!

- Have each volunteer take turns acting out how they would feel, using their face, body, and tone of voice.
- Have youth discuss what they noticed about the emotion their buddies acted out and if they were similar to or different from each other.
- Have youth discuss if they would have felt similar to or different than the volunteers, reinforcing that it is okay to experience the same situation differently.

Place youth in buddy pairs to act out these scenarios (or scenarios more relevant to your youth):

- You have worked really hard on your school science project, and today is the science fair.
- You enter an art contest at the community center.
- You decide you want to try karate. At the first class, you are paired with someone who is really good at karate.



WATCH: Monitor to ensure youth are being supportive of responses that are different from their response, emphasizing it is okay to have different emotions.

Step 4: Stop and Reflect (2-3 min)

Provide an opportunity for youth to reflect on and close out the activity.



SAY: *We talked about emotions and how they look, sound, and feel. We know that we may experience different emotions than others, even in the same situation, and that is okay.*



ASK: Pause for responses after each question.

- *Why is it important to pay attention to how we feel?*
- *Why is it important to pay attention to how others feel?*
- *How can you tell how you feel and how others feel?*

EMOTIONS CLUES CHART

EMOTION	Looks like...	Sounds like...	Feels like...
Calm 	Relaxed face Soft mouth Lowered shoulders Loose limbs and hands	Even voice Regular breathing	Steady heartbeat Loose Relaxed Focused
Afraid 	Raised eyebrows Opened eyes and/or mouth Pulled back corners of the mouth Limbs pulled into body Shaking body	Shaking voice Quivering voice Whimpering Fast breathing	Dry mouth Tight and stiff Sweating Racing, pounding heartbeat Holding breath
Happy 	Raised corners of the mouth Crinkled eyes	Clapping Cheerful voice Squealing Laughing	Bubbling Jumping Relaxed
Mad 	Lowered inner eyebrows Bulging or squinting eyes Tightly pressed lips Crossed arms Clenched fists	Yelling Shouting Stomping	Hot Boiling Bubbling Tight
Sad 	Raised inner eyebrows Lowered eyelids Lowered corners of the mouth Trembling lip Slumped, drooping body	Crying Sobbing Moaning Whining	Weak Weepy Droopy
Surprised 	Arched eyebrows Widely opened eyes Dropped jaw Palms raised Sudden backward movement	Gasping Screaming Cheering	Racing, pounding heart Jumpy
Frustrated 	Furrowed brow Squinting eyes Tight lips Stiff body	Grunting Growling Stomping	Stuck Tight
Proud 	Chin up Shoulders back Standing up straight Raised arms	Clear voice Deep breath and exhale	Full Light Strong heartbeat

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