

be nice.: Let's Notice Feelings

Objectives:

1. Students will learn how to identify different emotions they can experience.
2. Students will work in small groups (3-4 students) to create a feelings poster with four feelings on the poster. The students should include description words and pictures for each feeling on the poster. The students can choose any four feelings they wish.

Materials:

- Poster board
- Markers

Motivation:

Remind students that we are focusing on the “n” in NICE by noticing what their own feelings/emotions are and what their peers’ feelings/emotions are.

Development:

Have a discussion with the class on why it is important to notice the feelings they experience and the emotions that their peers experience.

- What are some examples of feelings from each group?
 - How did you describe that feeling?
 - Can anyone relate to this feeling?
 - Did anyone have a feeling on their poster that no other group did?
- Will this help you to notice when things are different?
 - Do you notice when you begin to feel a different emotion than you normally do?
 - Do you notice when your friends begin to feel different emotions than they normally do?
 - What are some signs that you or a friend is not feeling okay?
- What does feeling happy look like? Sad? Other feelings?
 - Ask about specific actions that come with these feelings
 - Ask students to share some of the descriptions that they came up with on their posters
 - Have students compare to see any similarities and differences in their posters
- Ask students what comes after the “n” in NICE
 - Invite
 - Talk about how noticing each other’s feelings will help students notice when something is different. Noticing feelings will allow students to “invite” themselves to reach out.

Closure:

Give students the chance to share their thoughts and invite students to hang their posters around the classroom