



SKILLS: Identify and express feelings, discover differences

OBJECTIVE: Understand how different situations make us feel different ways. Recognize that the same situation makes different people feel different ways.

Students show how different situations make them feel, sometimes differently.

Quick Tips

- Students can participate next to their desks, or together at the front of the room. Ensure they leave enough room between each other to move around when displaying their emotions in response to the video prompts.

Why do we do this?

In the Feel Wheel, students practice identifying and expressing feelings by reflecting on how they would feel in a variety of scenarios. Later in the exercise, students communicate a feeling word describing how they would feel in the scenarios mentioned. In reflecting on their feelings, students deepen Self-Awareness. In sharing responses with classmates, students deepen Social Awareness by discovering that their peers may react to the same situation similarly or differently.

Ideas for Integration

- As a class, come up with additional scenarios that are not mentioned in the video. Then, go around the room and encourage students to express an Emotional Building Block word that they would feel in the scenario at hand. Repeat this exercise when your students could use additional practice identifying their emotional states.

Virtual Facilitation

Synchronous: In a video conference, follow along with the instructions as is. Ensure students turn cameras on and unmute microphones when sharing a response with the group.

Asynchronous: Students can participate and share responses with someone near them. If this is not possible, students can watch a previous Opening or Power of Pause video for review!