

Lesson Plan: "Feelings Factory: Exploring Emotions and Mental Health"

Age Group: 5-8 years

Duration: 30-45 minutes

Objective:

Students will learn about different emotions, the importance of talking about their feelings, and simple strategies for mental well-being. They will understand that all emotions are valid and how to practice self-care and kindness.

Materials Needed:

- Video Tutorial: "Feelings Factory: Exploring Emotions and Mental Health"
 - Emotion flashcards or images (happy, sad, excited, scared, etc.)
 - Chart paper or whiteboard
 - Markers
 - Relaxation and breathing exercise handouts
 - Art supplies (crayons, paper)
 - "Feelings Wheel" printable (optional)
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Introduction (5-10 minutes):

1. Greeting & Introduction:

- Start with: "Today, we're going to explore our feelings and learn how to take care of our emotions and mental health."

2. Discuss Emotions:

- Explain that everyone has different feelings, and it's normal to experience a range of emotions.
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Main Activity (20-30 minutes):

1. Watch the Video (5-7 minutes):

- Play the video tutorial "Feelings Factory: Exploring Emotions and Mental Health."
- Encourage students to think about the emotions discussed in the video.

2. Emotion Exploration (10-15 minutes):

- **Discuss Emotions:**
 - Show emotion flashcards or images and discuss each one. Ask students to share when they might feel each emotion.
 - **Activity:** Create an "Emotion Chart" on chart paper or the whiteboard. Have students draw or write about times they felt happy, sad, excited, or scared.
- **Talk About It:**
 - Explain the importance of talking about feelings with trusted people.
 - **Activity:** Role-play or discuss different scenarios where they might talk about their feelings with a friend or family member.
- **Relax and Recharge:**
 - Introduce simple relaxation techniques like deep breathing or listening to calming music.
 - **Activity:** Practice a short deep breathing exercise together. Provide handouts with relaxation techniques for students to take home.
- **Be Kind:**
 - Discuss how being kind to ourselves and others helps everyone feel better.
 - **Activity:** Make a "Kindness Tree" on the wall where students can add leaves with acts of kindness they can do for themselves or others.

3. Creative Expression:

- **Art Activity:**

- Have students draw or color pictures of things that make them feel happy or relaxed. They can also draw a “Feelings Wheel” to identify and categorize their emotions.
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Conclusion (5-10 minutes):

1. Recap Key Points:

- Review the importance of understanding and expressing emotions, talking about feelings, relaxing, and being kind.

2. Q&A:

- Invite students to ask questions about emotions and mental health. Answer in an age-appropriate manner.

3. Commitment to Self-Care:

- Encourage students to use the relaxation techniques and talk about their feelings with someone they trust.

4. Prizes or Stickers:

- Hand out small prizes or stickers for participation and positive engagement.
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Extension Ideas:

- **Feelings Journal:** Encourage students to keep a simple journal where they can draw or write about their feelings each day.
 - **Emotion Story Time:** Read a story or book about emotions and discuss it with the class.
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This lesson aims to create a safe and supportive environment where students can learn about their emotions and how to manage them, fostering a positive and understanding classroom atmosphere.

