



Episode Title: Mitey Emotions

Teacher: Clarelle Carruthers

School: Pt England School

Year Level: Year 4

Lesson Topic: Writing, Drama and Art

Learning Intention:

Students will be learning to:

- explain our emotions and who is the best place to help us with our feelings.
- To group feelings and identify positive statements to make us feel better.

Links with the
[New Zealand Curriculum](#)

English Level 2
Processes and strategies

Select and use sources of information, processes, and strategies with some confidence to identify, form, and express ideas.

-shows some understanding of the connections between oral, written, and visual language when creating texts

Purposes and audiences

Show some understanding of how to shape texts for different purposes and audiences.

-develops and conveys personal voice where appropriate.

The Arts

Drama

Developing practical knowledge

-Explore and use elements of drama for different purposes.

Visual Art

Developing practical knowledge

-Explore a variety of materials and tools and discover elements and selected principles.

Key Competencies

Thinking:

-Children will be thinking about emotions, when and how they feel them and why these emotions are important.

Understanding Symbols, Languages and Texts:

-Children will select words that encourage and motivate themselves and others.

Relating to others:



	.-Children will reflect on how their emotions are the same and different from others.
Prior Knowledge	Feeling of the day: We have been doing feelings of the day for a while children are beginning to open up as we discuss different feelings and how they impact us. This has brought prior knowledge of emotions and the language of feelings for the kids.
Lesson Sequence In this session, children will share writing they created about emotions, They will play games connected to emotional learning. They will learn about the Zones of Regulation and create in response to these.	
Before the Session	Teacher will create Zones posters for the classroom. Identify stories that connect to the learning in Arohas Way and Mirrors. Create Jamboard Print and laminate feelings cards Create a share writing template
During the Session	Writing: Discuss emotions and when we feel them. Talk about how different emotions make us feel physically. What happens to our body. Children write about this using a scaffold. Children then identify people who can help them and write about the best person to help them. Emotions Games: Find an Emotion: Spread out emotion cards around the class. Provide examples of times we might all have different feelings. Get children to find the emotion they are or would feel and talk to someone around them about how they feel. Mirrors: In this game children think about what they would do with their body when feeling different emotions they then act it out. The person opposite them has to then copy them. Zones of Regulation: How can emotions be classified? Discuss the zones and what emotions are in them. What other emotions might go in these zones? Have children share. Discuss the emotions we used for 'find the emotion' have children work in groups to make Me Emoji's (show with their face in images what is on the cards while holding the card) and add to Jambaord. In the same groups have children think about what they can say to themselves in that zone to help them deal with their emotions. Mirrors: Watch the video Mirrors story. Discuss what a mirror is. How when you say nice things in a mirror it says it back. Discuss why this is a good thing. Have children come up with good things to say. Art: Create mirror Art by gluing a Mirror in the middle and writing kind things around it. Dye the art to make it pop.



After the Session	Children finish their art and share on their blog. As a class we make the Zones activity into a movie to be shared on their blogs and with our team.
Learn Create Share Breakdown	
Learn	What emotions do we feel? Who can help us with our emotions? How can we classify emotions in relation to colours? What positive things can we say?
Create	Posters of positives. Movie about the Zones. Art
Share	Blog Post: Children blog what they have created on their blogs. Physical: Share art in the hallway by the classroom. Sharing to learn: Share our Zones with other classes in our team.
Resources Used	
Reflection	
Reflection on Lesson Sequence	Learning about feelings is always a wonderful experience for me. Hearing what the children think and feel and how this impacts them is very eye opening. It was so positive to hear the children open up and say I have people I can go to for help and I know who they are. What I loved most about this lesson was the way in which the children were so in-touch with how they grouped emotions and the positive things they could say. The sequence of the lesson was good. I am in a way say the second part was not with the whole class as the learning about mirrors and positive words was incredibly powerful and positive.
Next Steps	Continuing to learn about big emotions and how to deal with loss, hardship or disagreement are ongoing. I want to build this learning into everyday life in a meaningful way and help children to self assess their emotional regulation and knowledge of their mental health.

