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Catch-up Subject:	Health Education		Grade Level:	3	
Quarterly Theme:	Sexual and Reproductive Health(refer to Enclosure No. 3 of DM 001, s. 2024, Quarter 3)		Date:	MARCH 1, 2024	
Sub-theme:	Ways friends express each other refer to End DM 001, s. 2024, Quan	feelings for closure No. 3 of	Duration:	(time allotment as per DO 21, s. 2019)	
Session Objectives:	Students will learn various ways friends express their feelings for each other, fostering empathy and emotional intelligence. They will engage in interactive activities, discussions, and games to understand the importance of expressing feelings in friendships.		Subject and Time:	(schedule as per existing Class Program)	
References:	K to 12 Basic Educati		ing-feelings/		
Materials:	 https://englishstudyonline.org/expressing-feelings/ Music for the "Feelings Freeze Dance" News article related to friendships or emotions Flashcards with facial expressions Props for "Emotion Charades" Scenarios for role-playing activity 				
Lesson Proper	Duration	Activities			
Friday Routine exercise/ Dynamic Stimulator	5 minutes	as "Feelings Fr freely to music freeze in a pos excited, etc.).	eeze Dance', and when e expressing	where students dance the music stops, they a feeling (happy, sad,	
Current Health News and Sharing	5 minutes	emotions, or me	ental health	le related to friendships, . Encourage students to experiences related to the	
Health Session	30 minutes	importance of	expressing sharing emo	Begin by discussing the feelings among friends. otions helps build strong	

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Expressing emotions is an important part of communication, and finding the right words to convey how you feel can be challenging. That's why we've compiled a list of alternative phrases and idioms that can help you express your feelings in a more accurate and meaningful way. From positive phrases like "over the moon" to negative phrases like "down in the dumps," we've got you covered.

Positive Emotions

When we feel good, we want to express it! Here are some positive emotions you can use to describe how you're feeling:

Emotion	Definition		
Нарру	Feeling pleasure or contentment		
Joyful	Feeling great happiness		
Excited	Feeling eager or enthusiastic		
Grateful	Feeling thankful or appreciative		
Proud	Feeling a sense of accomplishment or satisfaction		
Amused	Feeling entertained or finding something funny		
Blissful	Feeling extreme happiness or joy		
Gracious	Feeling courteous or kind		
Relieved	Feeling a sense of release or comfort after a difficult situation		
Optimistic	Feeling hopeful or positive about the future		
Love	Feeling a deep affection or attachment to someone or something		
Hopeful	Feeling optimistic or confident about the future		
Inspired	Feeling motivated or influenced by someone or something		
Confident	Feeling self-assured or certain		
Serene	Feeling calm and peaceful		

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Negative Emotions

When we're not feeling so great, it can be hard to find the right words to express ourselves. Here are some negative emotions you can use to describe how you're feeling:

Related <u>Telephone Conversation: Most Commonly Used Phrases for the Phone</u> Conversation

Emotion	Definition			
Sad	Feeling unhappy or sorrowful			
Angry	Feeling displeased or irritable			
Frustrated	Feeling annoyed or discouraged			
Anxious	Feeling worried or nervous			
Depressed	Feeling sad and hopeless			
Envious	Feeling jealous or resentful of someone else's success or possessions			
Guilty	Feeling responsible for a wrongdoing or mistake			
Disappointed	Feeling let down or unsatisfied with a situation or outcome			
Embarrassed	Feeling self-conscious or ashamed about one's actions or appearance			
Insecure	Feeling uncertain or lacking confidence in oneself			
Jealous	Feeling resentful or envious of someone else's success or possessions			
Lonely	Feeling isolated or disconnected from others			
Nervous	Feeling uneasy or apprehensive			
Overwhelmed	Feeling overloaded or unable to cope with stress or responsibilities			
Resentful	Feeling angry or bitter towards someone or something			

Playing Games (10 minutes): Play a game like "Emotion Charades" where students act out different feelings for their classmates to guess. This encourages empathy and recognition of emotions in others. Select form the table above.

Sample Activities per Theme (15 minutes):

Role-Playing: Divide students into pairs and provide scenarios where one friend expresses a feeling (e.g., sadness, excitement) and the other friend responds with empathy and support.

Scenario 1:

Role-playing Scenario: "Sharing Feelings"

Description: Two friends, Sarah and Alex, are playing together during recess. Sarah notices that Alex seems upset and is sitting alone on a bench.

Role-play:

Sarah: (approaching Alex) Hey Alex, is everything okay? You seem a little sad.

Alex: (nodding) Yeah, I guess. I had an argument with my sister this morning.

Sarah: I'm sorry to hear that. Arguments can be tough. Do you want to talk about it?

Alex: (hesitant) I don't know. It's just that she always takes my toys without asking, and it makes me mad. Sarah: That sounds frustrating. It's okay to feel mad when someone takes your things without asking. Maybe you could tell her how you feel and ask her to respect your belongings.

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Alex: Yeah, maybe I'll try that. Thanks for listening, Sarah.

Sarah: Of course, anytime. Friends are here to listen and support each other.

Scenario 2:

Role-playing Scenario: "Expressing Gratitude"

Description: Two friends, Mia and Jack, have been working on a project together. Mia notices that Jack has been very helpful and supportive throughout the process.

Role-play:

Mia: (approaching Jack) Hey Jack, I just wanted to say thank you for helping me with our project. You've been really supportive, and I appreciate it.

Jack: (smiling) Aw, thanks Mia! I'm glad I could help. Working together has been fun.

Mia: Yeah, it definitely has. I feel lucky to have a friend like you who's always there to lend a hand.

Jack: (grateful) And I feel lucky to have you as a friend too, Mia. We make a great team!

Mia: (laughing) Definitely! Let's keep up the good work and finish our project strong.

Jack: Absolutely! Teamwork makes the dream work!

These scenarios can help students understand the importance of empathy, active listening, and expressing gratitude in friendships.

Interactive Activities: Use flashcards with facial expressions and ask students to identify and discuss the corresponding emotions.



Group Discussions: Pose questions like "How do you feel when a friend shares their toys with you?" or "What can you do if you notice a friend is feeling lonely?"

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Class Reflection and Sharing	10 minutes	Allow students to reflect on the activities and share their experiences. Encourage open discussion about how expressing feelings can strengthen friendships and create a positive classroom environment.
Wrap up	10 minutes	Summarize the key points of the lesson and reinforce the importance of expressing feelings in friendships. End with a positive affirmation activity where each student shares something they appreciate about their classmates.

Prepared By:	
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Teacher I

Recommending Approval: Approved:

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