

Exploring Emotions Through Storytelling

Grade: Preschool: Pre-k

Subject(s): Social-Emotional Learning and Early Literacy

Objectives:

- Identifying and expressing basic emotions.
- Develop pre-reading skills through storytelling.

Guiding Questions:

- How do we feel today?
- What makes us happy or sad?
- How can we express our feelings?

Standards:

Florida State Standards:

- **Social-Emotional Learning:** Standard: SC.1.PA.1 - Express feelings, needs, and wants appropriately.
- **Early Literacy:** Standard: LAFS.PK.K.1.4 - Actively engage in group reading activities.

Assessment:

- Informal observation during group discussions and activities.
- Individual drawings expressing emotions.

Materials:

- Storybook: ["The Feelings Book" by Todd Parr](#)
- [Emotion cards](#) (happy, sad, surprised, etc.)
- Drawing materials (crayons, paper)
- Large chart paper and markers
- Sensory materials (optional for differentiation)

Differentiation Strategies:

1. **Visual Aids:** Use pictures and charts to represent different emotions.
2. **Hands-On Activities:** Incorporate sensory materials for tactile learners.
3. **Role-Playing:** Provide opportunities for dramatic play to act out emotions.

Cross-Curriculum Connections:

- **Art:** Integrating drawing activities to express emotions.
- **Language Development:** Build vocabulary through discussions about feelings.
- **Science:** Explore the connections between our feelings and the different experiences that we have.

Extension:

- Create an "Emotion Wall" with drawings or pictures representing various emotions.
- Role-play different scenarios to express emotions in a healthy way.

Total time: 40 minutes

Introduction: 5 minutes

- Begin with a feelings check-in. Display a "feelings thermometer" where children can place their names or pictures to indicate their feelings today.
- Introduce the storybook and build excitement about exploring emotions.

Guided Practice: 15 minutes

- Read the storybook aloud, pausing to discuss emotions and relate them to personal experiences.
- Use the emotion cards to encourage children to express and share their feelings.
- Show the children a set of emotion cards featuring different facial expressions representing various feelings, such as happiness, sadness, anger, surprise, and excitement. Explain each emotion using relatable examples that they can understand.
- Hold up a card and ask the students to identify the emotion depicted on it. Encourage them to share times when they have felt that particular emotion.

Group Practice: 15 minutes

- For group practice, engage in a role-playing activity where children act out different emotions.
- Gather the children in a circle or designated area for the activity.
- Explain to the children that they will play a game called "Emotion Charades," where they will take turns acting out different emotions without speaking while the others guess.
- Show the children the emotion cards and briefly explain what each emotion means.
- Choose one child to start as the first actor. They will randomly pick an emotion card or piece of paper from a basket or hat without showing it to the others.
- Once the child has chosen an emotion, they will start acting out it using facial expressions and body language while the other children in the group try to guess what emotion they are portraying.
- Continue playing until every child has had a chance to act out an emotion.

Reflection: 5 minutes

- Gather children for a reflection circle to discuss what they learned.
- Encourage sharing one thing they learned or one feeling they explored during the lesson.
- Discuss the importance of understanding and expressing emotions.