

### THEME 3: HOW I FEEL ON THE INSIDE SHOWS ON THE OUTSIDE (TODDLERS)

#### *Lesson 7: Emotions on the inside show on the outside*

Date of Lesson: \_\_\_\_\_ Approximate length of lesson: \_\_\_\_\_

Name: \_\_\_\_\_

**Below is the list of original objectives to help you remember the pieces of the lesson. The questions that follow ask how you adapted the objectives for toddlers.**

#### *Lesson Objectives:*

1. Introduced and reviewed concept that we all have feelings that show on our face and body (use mirror and have kids show emotions on face).
2. Introduced "Charades" by provided an explanation, and picked out kids to be "helpers."
3. Introduced activity of looking at a picture and deciding the emotion of the person in the picture and then mimicking it.
4. Introduced reinforcing kids to keep quiet about the emotion in the picture until everyone is done looking.
5. Introduced this activity several times while picking different kids and different emotions for the kids to model.
6. Introduced concept that we may guess others' emotions correctly or incorrectly at times.
7. Introduced that when we are not sure of an emotion, we can do some things like ask, "How are you feeling right now?"
8. Introduced inviting the bell at the beginning and end of lesson.
9. Introduced concept: My body and face can show how I feel.
10. Introduced concept: I don't always know how someone else feels.

1. What key concept/ideas from the curriculum were your focus for this lesson?
  
  
  
  
  
  
  
  
  
  
2. What books/materials/activities did you read/use/do? What did you do that worked well for your toddlers?
  
  
  
  
  
  
  
  
  
  
3. What was challenging? What would you change or do differently next time?

### THEME 3: HOW I FEEL ON THE INSIDE SHOWS ON THE OUTSIDE (TODDLERS)

#### *Lesson 8: Working with emotions in a kind and friendly way*

Date of Lesson: \_\_\_\_\_ Approximate length of lesson: \_\_\_\_\_

Name: \_\_\_\_\_

Below is the list of original objectives to help you remember the pieces of the lesson. The questions that follow ask how you adapted the objectives for toddlers.

#### *Lesson Objectives*

1. Introduced inviting of the bell and paying attention on the outside and attention to the quiet place on the inside and five natural breaths.
2. Introduced review of charades and now how the animal characters felt and how to fix a problem or mend a relationship when a friend is hurt, sad, or angry.
3. Introduced "Peace Wands" and the idea that being kind and helpful helps grow friendship and the peace wand is to help grow peace.
4. Introduced activity with teachers fighting and discussion of how fights can happen.
5. Introduced "Speaking from the heart" (e.g., I am sad in my heart...) wand and "Star Listener" (e.g., you are sad and want...) wand
6. Introduced switching of the wand and taking turns to speak and listen and offer solutions that might work for both people.
7. Introduced and discussion around how we all get upset sometimes, being mindful of feelings in our body, and taking some time to quiet body.
8. Introduced how when we talk through our problems, the inside of our body changes and we feel differently from one moment to the next.
9. Introduced concept: We can work out problems.
10. Introduced concept: Working out problems helps us and others feel better on the inside.

1. What key concept/ideas from the curriculum were your focus for this lesson?
2. What books/materials/activities did you read/use/do? What did you do that worked well for your toddlers?
3. What was challenging? What would you change or do differently next time?

