The KiDS'School

# Emotions

EAE Learning objectives for this lesson

Learn to talk about your emotions

**Activity one:** **Song time together**

Let's sing some songs together

**H A P P Y**
**(to the tune of BINGO)**

Was a fellow, that I know, who was happy all the time-o.
H A P P Y, H A P P Y, H A P P Y, he was happy all the time-O.

Was a fellow, that I know, who was happy all the time-o.
T I R E D, T I R E D, T I R E D, he was happy all the time-O.

Was a fellow, that I know, who was happy all the time-o.
A N G R Y, A N G R Y, A N G R Y, he was happy all the time-O.

**If your happy and you know it**

If you're happy and you know it, clap your hands.
If you're happy and you know it, clap your hands.
If you're happy and you know it, And you really want to show it,
If you're happy and you know it, clap your hands.

If you're happy and you know it, stomp your feet.
If you're happy and you know it, stomp your feet.
If you're happy and you know it, And you really want to show it,
If you're happy and you know it, stomp your feet.

If you're happy and you know it, shout hooray.
If you're happy and you know it, shout hooray.
If you're happy and you know it, And you really want to show it,
If you're happy and you know it, shout hooray!

If you're happy and you know it, do all three!
If you're happy and you know it, do all three!
If you're happy and you know it, And you really want to show it,
If you're happy and you know it, do all three!

**Activity two:** **Flashcard game**

With the flashcards at the end of the lesson, we will repeat the new vocabulary together.

I feel happy
I feel sad
I feel excited
I feel scared
I feel angry
I feel sick
I feel tired
I feel surprised
I feel hungry
I feel thirsty
I feel hot
I feel cold

How are you today?
Today I am ……..

- I am happy when I am eating ice cream
- I am tired after school
- When I cough I am sick
- I am sad when I my toy breaks
- I am scared when I see a snake / spider

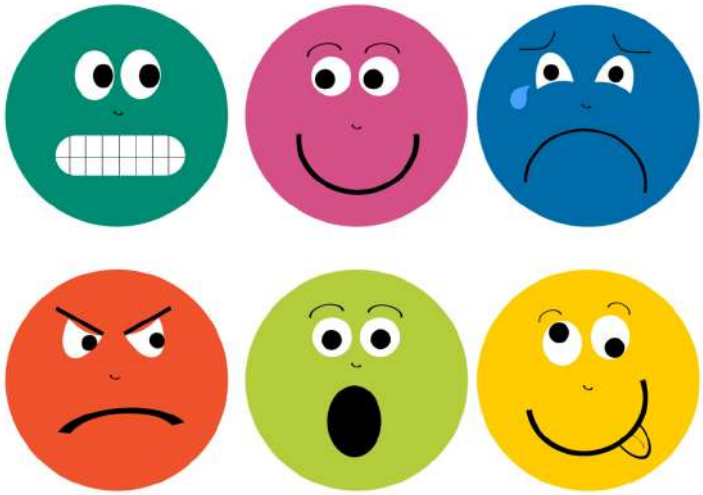


**Activity three:** Let's make some more sentences together

- What are you scared of?
- When are you happy?
- When are you sad?

**I am scared of……**
**I am happy when…..**
**I am sad when….**

Try doing this with all the emotions



**Activity four:** **Game time**

- Musical statues
- Emotion Charades – one person mime the emotion and the others need to guess the emotion
- Simon says, e.g. Simon says, you see a snake (which emotion should you mime?)
- Whispers. The teacher will say a sentence, you must pass it around to the next person. Let's see if it is the same sentence at the end of the circle!



**Activity five:** **What do you do when..... ?**
Let's say these sentences together an do the actions together!

What do you do when you are happy?
When I am happy, I laugh (ha,ha,ha,ha)

What do you do when you are sad?
When I am sad, I cry (wa,wa,wa)



What do you do when you are tired?
When I am tired, I yawn (uuuuuuuh)

What do you do when you are angry?
When I am angry, I stomp my feet (stomp stomp stomp)

What do you do when you are hungry?
When I am hungry, I eat a snack (yum yum yum)

**Activity six:** **More game time**

The emotions hokey pokey
https://www.youtube.com/watch?v=ZHS7vCdBeus




You put your happy face in
You take your happy face out
You put your happy face in and you shake it all about
You do the hokey pokey and you turn yourself around

You put your sad face in
You take your sad face out
You put your sad face in and you shake it all about
You do the hokey pokey and you turn yourself around

You put your tired face in
You take your tired face out
You put your  tired face in and you shake it all about
You do the hokey pokey and you turn yourself around

You put your surprised face in
You take your surprised face out
You put your surprised face in and you shake it all about
You do the hokey pokey and you turn yourself around

(repeat with all the emotions)

# List of flashcards

Happy
Sad
Tired
Excited
Scared
Angry
Sick
Tired
Surprised
Hungry
Thirsty
Cold
Hot















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