DISTRICT OF COLUMBIA
PUBLIC SCHOOLS

Subject:	Mental & Emotional - Health Education
Title:	Express Yourself!
Grade:	K-2

Standards

K-2.1.1.1 Identify basic emotions and positive and negative ways of dealing with emotions in a variety of situations.

K-2.1.4.7 Demonstrate how to express personal needs and wants appropriately.

Essential Question

How can you identify your emotions?

How do you know if they are positive or negative emotions?

How do I express my emotions?

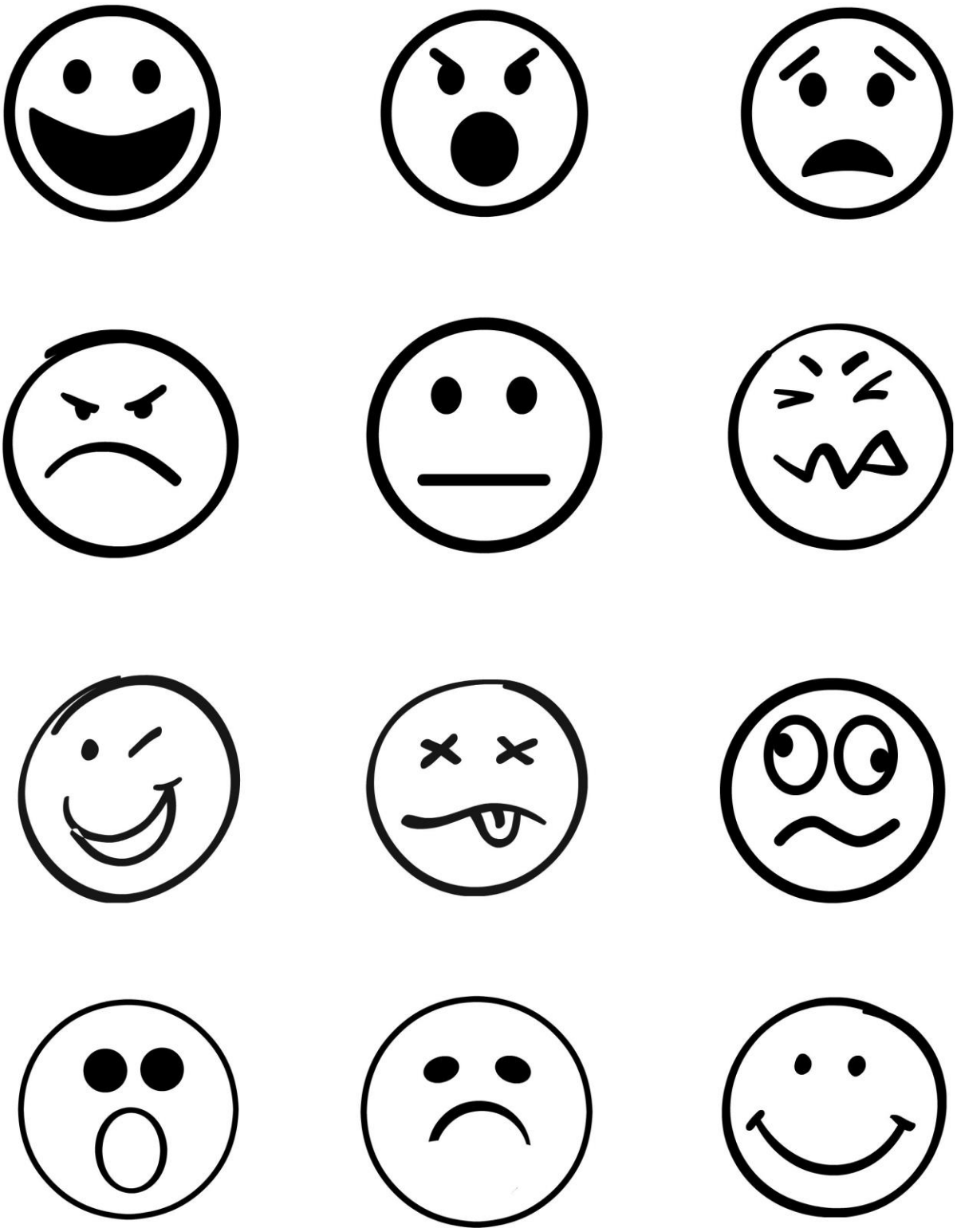
Rationale

It is very important to be aware of our emotions where inevitably will have an impact on others. To develop self-control of our emotions, we need to be aware when I am about to express them and how in order to not hurt myself or other's feelings. Also, to learn how to use positive emotions in my favor or to help others.

Tasks

Students will identify the emotions that match the task cards. Ask the student to select their emotions based on their experience, i.e. frustration, sad, mad, happy, playful, etc. The students can then use the task cards to describe how they are feeling or how they think others feel.

Student check list:

- Students will partner up with a family member.
- Identify emotions divided in negative and positive using the task cards.
- Choose faces that will represent each emotion.
- Describe why you pick the specific emotion for each face.

Happy	Merry
Scared	Unhappy
Mad	Terrified
Distaste	Afraid
Crying	Yelling
Yuck	Ew!
Yay!	Heartbroken