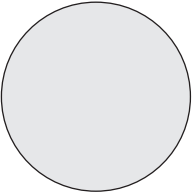
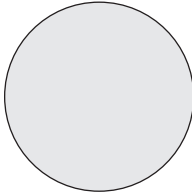
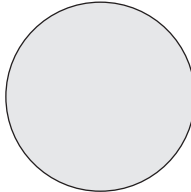
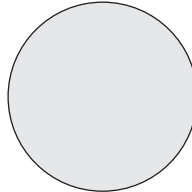
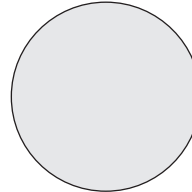


Level 2

Project 1: how do you feel?

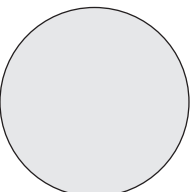
1. How do you feel? What makes you feel happy? What makes you feel sad?

2. Fill in this feelings journal for one week. Write how you feel and what makes you feel that way. Draw a face to show how you feel.

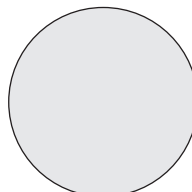
Monday	Tuesday	Wednesday	Thursday	Friday
Today I feel _____ _____	Today I feel _____ _____	Today I feel _____ _____	Today I feel _____ _____	Today I feel _____ _____
because _____ _____ _____	because _____ _____ _____	because _____ _____ _____	because _____ _____ _____	because _____ _____ _____
				

3. In class, make a poster with your classmates. What things make you feel excited this week? What things make you feel tired? Display your work in class.

Things that make us feel excited.



Things that make us feel tired.





Teacher's notes

Project 1: how do you feel?

Lesson aim: to review vocabulary about feelings and emotions.

Student development: students will...

- Talk about how they feel
- Keep a journal of their feelings to personalize the project
- Make a class poster about what makes them happy / sad / brave, etc.

Lesson Stages	Procedure
Stage 1 – review vocabulary of feelings	<p>Work with your students as a group. If you have a small enough class number, seat children at the front of the class on the floor. If they stay in their seats, make sure they can all see the board clearly.</p> <p>Put a big smile on your face and ask your students, "How do I feel?" Students should respond, "You feel happy."</p> <p>Use the feelings flashcards 11-20 from the Teacher's Resource Pack to review the vocabulary. Choose a flashcard game from the Teacher's Book pages 19-21.</p>
Stage 2 – lead in to the feelings journal	<p>Stay seated as a class. Discuss the questions from Activity 1. Ask your students how they feel today. Ask them to tell you what makes them feel happy / sad etc.</p>
Stage 3 – students write a feelings journal	<p>For this task, students will complete a feelings journal out of class time for one week. In class, demonstrate how to complete the journal using today as an example. Tell students they will write a feelings journal for 1 week, starting today, e.g. if your lesson today is Wednesday they will do Wednesday, Thursday, Friday, Monday, Tuesday.</p> <div style="display: flex; align-items: center;"> <div style="border: 1px solid black; padding: 10px; margin-right: 20px;"> <p style="text-align: center;">Wednesday</p> <p style="text-align: center;">Today I feel happy because I'm in class with you!</p>  </div> <div style="border: 1px solid black; border-radius: 50%; padding: 20px; width: fit-content;"> <p style="text-align: center;">Mixed ability help!</p> <p style="text-align: center;">Stronger students should be able to explain WHY they feel that way and should complete BECAUSE.</p> <p style="text-align: center;">Weaker students only need to write how they feel and draw a picture.</p> </div> </div>
Stage 4 – students make a poster about feelings	<p>In this lesson students will create a collection of small class posters. Using the information from their journals, discuss with your students what different things make them feel angry / happy / sad / brave, etc.</p> <p>Put your students into groups. Allocate a feeling to each group, i.e. group 1 could be sad, group 2 brave, etc. Tell the groups to draw a face that shows their feeling and then write the collections of things that make the class feel that way.</p> <div style="display: flex; align-items: center; margin-top: 20px;"> <div style="border: 1px solid black; padding: 10px; margin-right: 20px;"> <p style="text-align: center;">Things that make us feel happy.</p> <p style="text-align: center;">Going to the movies Running in the rain Playing computers</p>  <p style="text-align: center;">Playing the piano Going to the zoo</p> </div> <div style="text-align: left;"> <p>Display the posters in class.</p> </div> </div>