



Grade 3 Sample Lesson Plan: Unit 1 – Emotions

SOLs

- 3.1.N Describe emotions that result from experiencing change, such as the arrival of a new family member, making new friends, going to a new school, being accepted by peers, and losing a loved one.
- 3.2.K Identify how emotions such as happiness, fear, sadness, excitement, anger, and loneliness can be expressed positively or negatively.
- 3.3.J Design effective strategies for expressing and managing emotions, which may include physical activity, talking about feelings, reading, or creative expressions such as writing, art, music, and dance.

Objectives/Goals

- The following activity ideas and lesson and information resource links address these SOLs and support the social and emotional development of students. The Health Smart Virginia website provides a bank of more detailed lesson plans to meet the Grade 3 Social Emotional SOLs in the *Related Resources* listing under this document on the website. To directly access these on their source sites, click the web links below.
- *The contribution teachers make to the social and emotional development of students is affected by how teachers themselves role model pro-social and emotional regulation skills; supportive interaction with students by educators, health, and counseling staff; and the larger community, school and classroom climates - perhaps even more than implementation of any specific focused lesson.*
- *Lastly, these SOLs should be addressed in concert with the other SOLs, - e.g., healthy relationships and violence prevention, ATOD, and health promotion - that address components of social and emotional development of students – i.e., their ability to experience, express and manage their emotions; to communicate, collaborate, resolve conflicts; and to otherwise develop and maintain positive, supportive relationships with others.*

Procedure

Student Activity Ideas

1. Incorporate kindness into every class. For example:
 - *Fuzzy Feeling Chair* (Gr. K-5) http://www.educationworld.com/a_tsl/archives/03-

[1/lesson026.shtml](#) : Position a special “chair” (beanbag, stool, chair that is used for this activity only) in the classroom. Each day, ask a different student to sit in the chair and have the other students take turns saying nice and positive things about that student. The student in the chair can only say “Thank You” and nothing else. At the end of the activity, ask the student sitting in the chair how it felt to have others saying nice things about her/him. Over time, students will become comfortable with being complimented, and complimenting others, trusting and expressing their feelings.)

- *Nice Compliments Icebreaker* – The teacher has students stand in a circle. The teacher provides the first student with a ball while giving the student a compliment. That student then hands, rolls or throws the ball to the next student and says something nice about that student and so on and so forth

(<http://www.partygamespond.com/say-something-nice>). This activity can also be done by tossing bean bags, or as cooperative activity where students unroll a ball of string, passing the string and nice comments from one student to another to co-create a large “spider’s web” (<http://lessons.atozteacherstuff.com/92/group-cooperation>).

- *Treasured Comments* (Gr. K-5) http://www.educationworld.com/a_tsl/archives/06-1/lesson026.shtml is an activity to help students move away from negative criticism to positive thoughts. Provide students with enough brightly colored strips to write down one kind and positive comment about another student in the class (e.g., you really know your addition facts well; your laughter makes me happy). The students then put each strip into the recipient student’s “treasure box.” Students can then take the treasure boxes home and share the positive messages with their families.

2. Implement KidsHealth.org lessons:

- *Feeling Sad- Lets Talk About It, Feeling Better* - at <http://classroom.kidshealth.org/3to5/problems/emotions/sad.pdf> ;
- *Getting Along – Oh Brother, Kindness Coupons* at http://classroom.kidshealth.org/3to5/personal/growing/getting_along.pdf ;
- *Empathy – Deciding on Empathy, Empathy Award* at <http://classroom.kidshealth.org/3to5/personal/growing/empathy.pdf> ;
- *Conflict Resolution – Conflict Corner* at https://classroom.kidshealth.org/3to5/personal/growing/conflict_resolution.pdf ; and
- *Stress – Take Care of Yourself, Morning Stressbusters* at <https://classroom.kidshealth.org/3to5/problems/emotions/stress.pdf>

- ## 3. Help students practice mindfulness. Per Kellie Edwards, Kids Activities Blog <http://kidsactivitiesblog.com/60980/5-mindful-games-kids> , mindfulness is about paying attention to the here and now; rather than being distracted– slowing down and experiencing stillness to quiet the mind. The benefits to children include: improving observational skills and concentration; allowing a time to regroup and wind down – giving brains and bodies time to renew; feeling steady and safe; soothing emotions;

feeling kind and connected. The following are examples of activities that contribute to mindfulness:

- Blowing bubbles – encourage students to breath in deep and out slowly, and focus on the bubbles’ gentle movements.
 - Pinwheels – encourage students to breath in deep and out slowly and focus on the pinwheels ‘movements.
 - Playing with balloons – each child pushes a balloon gently into the air and tries to keep it afloat and within reach.
 - Texture bag – place a sampling of small, familiar objects of various textures (e.g., rock, stick, leaf, acorn, marble, squishy toy, fluffy toys) into a bag; have students take turns touching and feeling the items in the bag without taking them out, describing how the object feels, and guessing what the object is.
 - Blindfolded taste test – depending on the school’s policies related to food items, students take turn being blindfolded and then feeling and tasting a variety of fruits, vegetables, or other foods . In turn, students describe how the food items feel and taste – and then remove their blindfolds and describe what they see.
4. Create and read two scenarios where a child experiences disappointment; in one scenario the where the child handles it inappropriately and in the other scenario the child overcomes disappointment in a positive manner. Have students discuss the pros and cons of each ending. Have students further illustrate or act out constructive ways of dealing with disappointment.
5. Encourage students to talk to trusted adults about disappointments, loss and grief. Talk to them about helpful school and community resource people. *When Grief Enters the Classroom* is a resource that provides good background and strategies for educators on addressing grief across various developmental ages.
http://www.rcsdk12.org/cms/lib04/NY01001156/Centricity/Domain/12/District%20Links%20documents/grief_guide.pdf.

References

- Arthur Interactive Media Buddy Project - An ARTHUR Social, Emotional, and Character Development Curriculum K-5 <https://www.pbslearningmedia.org/collection/arthur-social-emotional-educator-guide/#.WRpHZ2VNFho>
- Daniels Neighborhood – Scared of Thunder <https://www.pbslearningmedia.org/resource/2335e27f-5ac0-4973-a0b9-c5ccd94677b2/daniel-and-o-are-scared-of-the-thunder/#.WRpJHmVNFho>
- BAM! Life <http://www.cdc.gov/bam/life/index.html>
- Daniels Neighborhood - When You Feel So Mad that You Want to Roar – Strategy Song and Activity (Anger) <https://www.pbslearningmedia.org/resource/ce65aeaa-ddd2-45dd-908e-6abd84ef2cb2/ce65aeaa-ddd2-45dd-908e-6abd84ef2cb2/#.WRpKfWVNFho>
- Elementary School Counseling - Activity Ideas and Worksheets - Identifying and Expressing Feelings- <http://www.elementaryschoolcounseling.org/identifying-and-expressing-feelings.html>
- Fit4TheClassroom – Mood Music Lesson <http://stage.fit4theclassroom.com/mood>
- Joyful Mind –Mindfulness in the Classroom Activities -

- <http://www.joyfulmind.net.au/blog/mindfulness-in-the-classroom-some-helpful-suggestions>
- KidsHealth.org Teacher's Guides for Grades 3-5:
 - Self Esteem
 - https://classroom.kidshealth.org/classroom/prekto2/personal/growing/self_esteem.pdf
 - Empathy
<http://classroom.kidshealth.org/3to5/personal/growing/empathy.pdf>
 - Conflict Resolution
https://classroom.kidshealth.org/3to5/personal/growing/conflict_resolution.pdf
 - Getting Along
http://classroom.kidshealth.org/3to5/personal/growing/getting_along.pdf
 - Peer Pressure
<http://classroom.kidshealth.org/3to5/problems/emotions/sad.pdf>
 - Stress
<https://classroom.kidshealth.org/3to5/problems/emotions/stress.pdf>
 - Feeling Sad
<http://classroom.kidshealth.org/3to5/problems/emotions/sad.pdf>
- Learn to Be Healthy- <http://www.learntobehealthy.org/health-education/mental-health.aspx>
- Learning to Give - I Feel Angry or Sad When-
<http://www.learningtogive.org/lessons/unit156/lesson5.html>
- Learning to Give – Define Wants and Needs -
<https://www.learningtogive.org/units/investing-others-k-2/define-wants-and-needs>
- Lesson – Responding to Teasing and Put Downs
 - [http://counselorscabinet.pbworks.com/f/Simon%20Hook%27s%20Lesson%20All%20Materials%20\(Grade%203\).pdf](http://counselorscabinet.pbworks.com/f/Simon%20Hook%27s%20Lesson%20All%20Materials%20(Grade%203).pdf)
- Mindful Schools – Lesson- Introduction to Mindful Bodies and Listening-
 - <http://www.mindfulschools.org/resources/explore-mindful-resources/>
- Mindful Schools –<http://www.mindfulschools.org/resources/explore-mindful-resources>
- Mindful Teachers Site - <http://www.mindfulteachers.org/p/free-resources-and-lesson-plans.html>
- No Time For Flash Cards – Circle Time lessons About Emotions-
<http://www.notimeforflashcards.com/2016/05/circle-time-lessons-about-emotions.html> <http://pbskids.org/daniel/videos/>
- Open Up Magazine, Minnesota Association for Children's Mental Health – *Getting to Know You, Empathy –How are You Feeling, It's All in Your Viewpoint* -
<http://www.macmh.org/open-up-magazine/classroom-activities/>
- PBS- Overview of Mindfulness- <http://www.pbs.org/thebuddha/teachers-guide/>
- PBS – Its My Life - <http://pbskids.org/itsmylife/index.html>

- PE Central lessons
 - Emotions in Motion
 - <http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=9514#.WR3WWmVNFho>
 - Emotion Discovery with DDR
 - <http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=10126#.WR42smVNFho>
 - Lesson on Feelings
 - <http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=11039#.WR3WfVNFho>
 - The Feelings Hop
 - <http://www.pecentral.org/LessonIdeas/ViewLesson.asp?ID=1636#.WR3W02VNFho>
 - Yoga Unit – Feelings and Reactions
 - <http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=132948#.WR3XFWVNFho>
 - Problem Solving Door
 - <http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=3584#.WR41J2VNFho>
 - Stress Hot Potato
 - <http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=6604#.WR41RmVNFho>
- Reach Out - Asking students if they are okay
<http://au.professionals.reachout.com/r-u-ok>
- Rossier USC - Creating Safe Spaces – Social Emotional Lessons-
 - <https://rossieronline.usc.edu/blog/bullying-prevention-lesson-plans/>
- Roots and Wings – *Feelings, Dictionary of Feelings, Core Feelings Behind Anger, Controlling Anger, Peer Pressure-*
<http://sjusd.org/graystone/programs/conerstone-roots-wings/rw-3rd-grade-lesson/22285>
- Scholastic – Learning About Emotions (Gr. K)
<https://www.scholastic.com/teachers/lesson-plans/teaching-content/activity-plan-4-5-learning-about-emotions/>
- Scholastic - Mind Up Curriculum – brain centered management and teaching strategies <http://teacher.scholastic.com/products/mindup/>
- Scholastic - Social and Emotional Learning: Essential Lessons for Student Success
- <https://shop.scholastic.com/teachers-ecommerce/books/social-and-emotional-learning-essential-lessons-for-student-success-9780545465298.html>
- Sesame Street - Quiet or Loud Video – when to be quiet, when to be loud – helps prepare students to ask for help
<https://www.pbslearningmedia.org/resource/sesame-quiet-or-loud/quiet-or-loud-song-sesame-street/#.WRpIGGVNFho>
- Teachnology -Mental Health and Stress Reduction - <http://www.teach-nology.com>
- Teacher Vision - Feelings Are Okay - <http://www.teachervision.fen.com/mental->

- health/printable/44813.html
- Tennessee Department of Mental Health - BASIC – Better Attitudes and Skills in Children – A Collection of Social Emotional Lesson Plans & Activities (K-3rd grade) - <http://www.tnvoices.org/wp-content/uploads/A-Collection-of-Social-Emotional-Lesson-Plans-Website-Version-3-23-20152.pdf>
 - Together Counts – Smart From the Start - Every Body is Special - http://www.togethercounts.com/sites/togethercounts.com/files/thematic-unit/pdfs/Every_Body_Is_Special_Me_and_My_Choices.pdf
 - Together Counts - Energy Balance 1.2. Full Esteem Ahead - http://www.togethercounts.com/sites/togethercounts.com/files/module/documents/3-5_0.0.pdf
 - Wall Street Journal - Overview of Mindfulness - <https://www.wsj.com/articles/can-mindfulness-help-students-do-better-in-school-1424145647>
 - We Are Teachers: Resources for Social and Emotional Learning <http://www.weareteachers.com/lessons-resources/social-emotional-learning-classroom-resources>
 - Welcoming Schools Guide – Bias, Bullying, Bystanders- <http://www.hrc.org/welcoming-schools/documents/Welcoming-Schools-Bias-Bullying-Tips-for-Elementary-Educators.pdf>
 - When Grief Enters the Classroom http://www.rcsdk12.org/cms/lib04/NY01001156/Centricity/Domain/12/District%20Links%20documents/grief_guide.pdf
 - Y Project Cornerstone – Teasing and Putdowns Lesson
 - http://www.projectcornerstone.org/html/pdfs/PC_ABCsamplelessonplan.pdf