



## Educator guide: Feelings lesson

### **Recommended for grades:**

3<sup>rd</sup> grade

**Time:** 12 minutes

### **National Health Education Standards:**

This lesson aligns with the following National Health Education Standards:

- Standard 1: Use functional health information to support health and well-being of self and others.
- Standard 7: Demonstrate practices and behaviors to support health and well-being of self and others.

For more information about the National Health Education Standards, visit the SHAPE America website: [shapeamerica.org](http://shapeamerica.org).

### **Learning objectives:**

After completing this lesson students will be able to:

1. Name at least four different emotions.
2. Describe appropriate ways to express and deal with emotions, such as anger, sadness and frustration.
3. Identify at least two things you can do every day to stay mentally healthy.

### **Activity description:**

In this lesson students will learn how to recognize what they are feeling, and how to handle different feelings. A strong emphasis is placed on talking about feelings with trusted adults. There is a worksheet included in this guide and in the lesson for students to complete as they work through the lesson.

### **Pre and post-test questions:**

Use the questions on the following page with your students in any way that you see fit (on paper, using a survey tool, etc.) You may choose to combine questions from various lessons and activities that your students participate in. Correct answer choices are bolded.



1. Happy, angry, bored, nervous and frustrated are all normal, healthy feelings.
  - a. **True**
  - b. False
  
2. What is one healthy way to deal with anger?
  - a. Keep your anger inside.
  - b. **Take a few deep breaths.**
  - c. Yell at the person making you angry.

**Vocabulary:**

Use the following list of vocabulary as a reference for yourself and your students as you complete the Feelings lesson. You may choose to use this list in any way that fits your needs.

- Angry - feeling mad or upset
- Anxiety - a mental health condition when a person worries even though there is nothing to worry about, or worries all the time and it affects their daily life
- Cope - to deal with something
- Emotion - a feeling such as happiness, love, fear, anger or hatred, which can be caused by the situation that you are in or the people you are with
- Feeling - an emotional state, such as happy, sad, excited, scared, etc.
- Friend - a person you enjoy spending time with
- Sad - feeling unhappy
- Trusted adult - an adult that you can count on, such as a parent, family member, teacher, school counselor, etc.
- Worried - feeling very concerned

# Feelings lesson worksheet

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

**Instructions:** Complete this worksheet as you move through the Feelings lesson.

1. List three different feelings, or emotions.

a. \_\_\_\_\_

b. \_\_\_\_\_

c. \_\_\_\_\_

2. What could you do when you're feeling sad?

\_\_\_\_\_

3. What are two things that may happen to your body when you're worried or nervous?

a. \_\_\_\_\_

b. \_\_\_\_\_

4. What is anxiety?

5. List two things you can do when you're feeling angry.

a. \_\_\_\_\_

b. \_\_\_\_\_

# Feelings lesson worksheet answer key

1. List three different feelings, or emotions.

Answers will vary, but could include any of the following: happy, sad, silly, jealous, nervous, excited, angry, frustrated, mad, surprised, scared, curious, confident, grumpy, thankful, etc.

2. What could you do when you're feeling sad?

Talk to a trusted adult about how you're feeling.

3. What are two things that may happen to your body when you're worried or nervous?

Answers will vary, but could include any of the following: dry mouth, sweaty palms, butterflies in stomach

4. What is anxiety?

Anxiety is when you're worried, but there really isn't anything to worry about, or when you worry all the time and it affects your daily life.

5. List two things you can do when you're feeling angry.

Answers will vary, but could include any of the following: take a few deep breaths, count to ten, talk to a friend or a trusted adult, draw a picture, get outside, do something active

# Supplemental activity: Managing feelings

## Objectives:

After completing this activity students will be able to:

- Name at least four different emotions.
- Demonstrate appropriate ways to express and deal with emotions, such as anger, sadness and frustration.

## Materials needed:

- White board or SMART board
- Managing feelings worksheet (on the following page)

## Time required:

30 minutes

## Instructions:

In this activity students will think about responsible, safe ways to deal with different emotions. Begin by brainstorming a list of feelings/emotions and list them on the white board or SMART board. Discuss with students that there are many different ways to deal with emotions. Some ways can be healthy and some can be unhealthy. Review with students some healthy ways to deal with feelings, such as taking deep breaths, talking to a trusted adult, getting outside, counting to 10, etc. Give students a few specific examples that they can relate to. Example: When feeling frustrated, it can be healthy to take a few breaths, but it can be unhealthy to punch a wall.

Next, give each student the Managing feelings worksheet. Make students aware that this worksheet will be just for them. They will not be turning it in. They can refer to it for guidance when they are dealing with difficult emotions. It's also a good idea to share it with a trusted adult at home so they can help too.

# Managing feelings worksheet

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

**Instructions:** Complete this worksheet by listing healthy ways to deal with the various feelings, or emotions, listed below. Be specific in your answers.

When I feel angry, I will \_\_\_\_\_.

When I feel sad, I will \_\_\_\_\_.

When I feel nervous, I will \_\_\_\_\_.

When I feel worried, I will \_\_\_\_\_.

When I feel lonely, I will \_\_\_\_\_.

When I feel embarrassed, I will \_\_\_\_\_.

When I feel disappointed, I will \_\_\_\_\_.

When I feel \_\_\_\_\_, I will \_\_\_\_\_.



# Handouts

Included on the following pages are additional resources that you and your students' families may find useful.



# Anxiety disorders in children

## What are Anxiety Disorders?

Children with anxiety disorders have too much fear and worry that lasts a long time. Children with anxiety often have problems at school or home because of it. A small amount of anxiety is normal in childhood. At different ages, some fears are common like fear of being away from parents and fear of the dark. Children can also have anxiety when they are in new or stressful situations.

Children can have so much anxiety it causes problems. Some children:

- Have aches and pains, like headaches or stomachaches.
- Feel restless, tired, or tense.
- Have trouble focusing or sleeping.
- Can also have tantrums or meltdowns because of anxiety.

## What Causes Anxiety Disorders?

There are many reasons why a child may have anxiety. It can run in families and start at birth. It can also start after exposure to stressful events and problems meeting developmental milestones.

## What are the Symptoms of Anxiety Disorders?

Children with anxiety may:

- Be very upset when caregivers leave them.
- Be very shy and quiet in new situations and with people not in their family.
- Stay away from places or activities that make them feel nervous.
- Worry a lot about many things. They may not be able to control the worry. They may often talk about or ask questions about the things they worry about.
- Not talk in stressful places, but talk easily at home.
- Feel very scared of certain things like animals, heights, being in an airplane or seeing blood.





## How are Anxiety Disorders treated?

Anxiety will not get better without help. Treatment for mild anxiety starts with psychotherapy. In psychotherapy, a health care provider helps your child by understanding how they think and feel about things. Children will learn to:

- Replace their anxious thoughts with helpful ones.
- Control their anxious feelings with coping skills.

Your child will need to practice what they learn outside of sessions. This is an important part of therapy. Parents are often part of therapy sessions so they can help their child practice the skills. Psychotherapy is usually done by psychologists, mental health counselors and clinical social workers.

- Medicine can help decrease feelings of anxiety. Medicines may be prescribed to help your child's anxiety.
- For moderate to severe anxiety, treatment that uses psychotherapy and medicine together may be most helpful.

## How can I help my child's anxiety?

- Be with your child and support them during stressful times. If your child gets anxious remain calm. Have them take deep and slow breaths. They can pretend they are blowing up a balloon. Do not let your child pass up things that raise their anxiety.
- Ask your child to talk about their worries. You can tell them what you saw that made you think they were anxious. For instance, if their body shakes when they are anxious. This is called a non-verbal cue. Do not tell your child not to worry.
- Have a daily routine or use a schedule so your child knows what to expect.
- Praise your child for facing fears and being brave in stressful situations.
- Talk with your child's school to let teachers know how they can help your child practice using their coping skills. If anxiety causes problems for your child at school a special plan called a 504 Plan or IEP may be needed.



# Recognizing depression in children

## What is depression?

Depression is a mood disorder that affects the way you think and feel. The most common symptom is a feeling of deep sadness. People who are depressed may also:

- Feel hopeless
- Feel that life isn't worth living
- Have thoughts of suicide or death

## Depression in children

Children as young as age 6 may feel depressed. But they can't always tell you how they feel. Instead, your child may:

- Eat more or less than normal
- Sleep more or less than usual
- Seem unable to have fun
- Think or speak about suicide or death
- Seem fearful or anxious
- Act in an aggressive way
- Use alcohol or other drugs
- Complain of stomachaches, headaches or other pains that can't be explained
- Have problems at school or home

## What can you do?

Children with depression can be helped with treatment. Here are some ways you can help:

- Talk with your child's healthcare provider about medicine and psychotherapy. Both can help.
- Look for mental health resources at your child's school, local mental health center, social service agency or hospital.
- Let your child know that they will not feel this way forever.
- Offer your love and support.
- If your child talks about death or suicide, seek help right away.



# Resources for families and educators

- Centers for Disease Control and Prevention (CDC), [cdc.gov/childrensmentalhealth/](https://www.cdc.gov/childrensmentalhealth/)
- Children's Wisconsin, [childrenswi.org](https://www.childrenswi.org)
- KidsHealth, [kidshealth.org](https://www.kidshealth.org)
- Mental Health America, [mhanational.org](https://www.mhanational.org)
- National Alliance on Mental Illness (NAMI), [nami.org](https://www.nami.org)
- National Institute of Mental Health (NIMH), [nimh.nih.gov](https://www.nimh.nih.gov)
- PBS Kids for Parents: Emotions and Self-Awareness, [pbs.org/parents/learn-grow/all-ages/emotions-self-awareness](https://www.pbs.org/parents/learn-grow/all-ages/emotions-self-awareness)
- Wisconsin Department of Public Instruction (Student Services/Prevention and Wellness), [dpi.wi.gov/sspw](https://dpi.wi.gov/sspw)



# Transcripts

## Slide 1

Miguel: In this lesson you will learn things you can do each day to have a healthy mind.

Quinn: There are five things you can do each day to stay mentally healthy:

- Connect with others
- Get physically active
- Get enough sleep
- Limit screen time
- Eat well

And many of these things are not just great for your mental health...they're great for your physical health too!

Miguel: Open the worksheet and either save it or print it. Complete this worksheet as you move through this lesson.

## Slide 2

Connecting with others is an important part of being mentally healthy. Connecting with others can mean lots of different things. You can connect with others by simply spending time with them, talking to them, playing a game, or going for a walk. You can connect with others at school, at home, and out in your community.

It's important to have people that you can turn to if you're having a bad day, or if you're sad or upset about something. And it's always great to share the fun things with friends and family too!

## Slide 3

Physical activity can do lots of great things for your mind and body! It helps you learn better, it gives you energy, it helps you sleep better, and it can improve your mood too!

It's recommended that someone your age gets about one hour of physical activity each day. There are so many physical activities to choose from...walking, swimming, riding a bike, stretching, playing soccer...just to name a few. And you don't have to do one activity for a whole hour. You can get 15 minutes here and there doing different activities throughout the day, as long as it adds up to at least one hour.

## Slide 4

Sleep is so important for your mental and emotional health. Sleeping gives the brain and body the rest it needs so that you are ready for the next day. Kids your age need about 10 hours of sleep each night.



### Slide 5

There are many things you can do to help you get the sleep you need. It's best to go to bed and get up around the same time each day. Throughout the day, make sure you get your body moving. And, your bed should only be a place to sleep and read before bedtime, not a place to play video games, watch tv, or eat snacks.

### Slide 6

Screen time should make up no more than two hours of your day. This includes playing video games, being on a computer, tablet or phone, and watching tv. Also, all electronics should be turned off at least 30 minutes before bedtime. This gives your brain time to relax and prepare for sleep.

### Slide 7

Eating healthy foods can help you feel your best. Healthy foods provide fuel to your brain, and give you energy. It's important to eat three meals each day, along with healthy snacks. This will give you the energy you need to do all the things you want and need to do each day.

### Slide 8

Quinn: Wow! There's a lot you can do to keep your mind healthy! I never knew that exercise and eating healthy can help keep you mentally healthy.

Miguel: There's a lot of other things you can do too. Fresh air and nature can be great for your mind, as well as practicing mindfulness.

Quinn: And, if you've been having a hard time, or haven't felt like yourself, make sure to find a trusted adult to talk to. They can help you with all the things you've learned about today, and help you feel better.

Miguel: There are trusted adults at school like teachers, school counselors, school nurses, or anybody else in the building. A trusted adult could also be a parent, grandparent, aunt, uncle, or a close family friend. Don't be afraid to talk to them...if they can't help you they will find someone who can.

Quinn: Well, we better get going. See you soon!



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