

Cloud, Rain, Sun, Snow Look How Emotions Come and Go!

TO COMPLEMENT SANFORD HARMONY'S 2ND GRADE SEL LESSON,
RECOGNIZING FEELINGS

Have you ever noticed that emotions are like the weather – they come and go?

Often it is sunny, sometimes there are clouds, some days it rains, other days the wind blows, and in some places, there can be lots of snow!



Let's pretend to be some weather that comes and goes.

Imagine that the weather is inside of you. The rain rains inside you, the sun shines inside you, the wind blows, the thunder claps and the snow falls inside you.

See if your movements can express the feeling of the weather being inside you...

You can copy me or you can make up your own weather dance...



Click below to view Amanda's weather dance.



Have you ever noticed that your emotions come and go?

Do you sometimes feel happy and sometimes feel scared?
Sometimes frustrated and other times peaceful? How many
different feelings do you have in one day? How many can you
name?


Let's pretend to be some emotions that come and go.



I'm going to imagine I am angry and feel how it feels inside.
How does it look, can you see I feel angry?

Now I'm going to imagine that I feel sad and feel how it feels inside. How does it look, can you see I feel sad?

Lastly, I'm going to imagine that I feel excited and feel how it feels inside. How does it look, can you see I feel excited?



Click below to view Amanda's emotion dance.



Now it's your turn. See how BIG you can make the emotions look inside your body. Can they look larger than life and fill your whole body?

How much can you exaggerate your facial expressions?

How does each one feel inside?

How many different emotions can you show with your face and body?



Can you make a dance where your emotions can come and go just like the weather?

In my dance, I will begin with an unpleasant feeling of fear.

Next, my emotion will change into feeling uncertain, which is a bit less unpleasant.

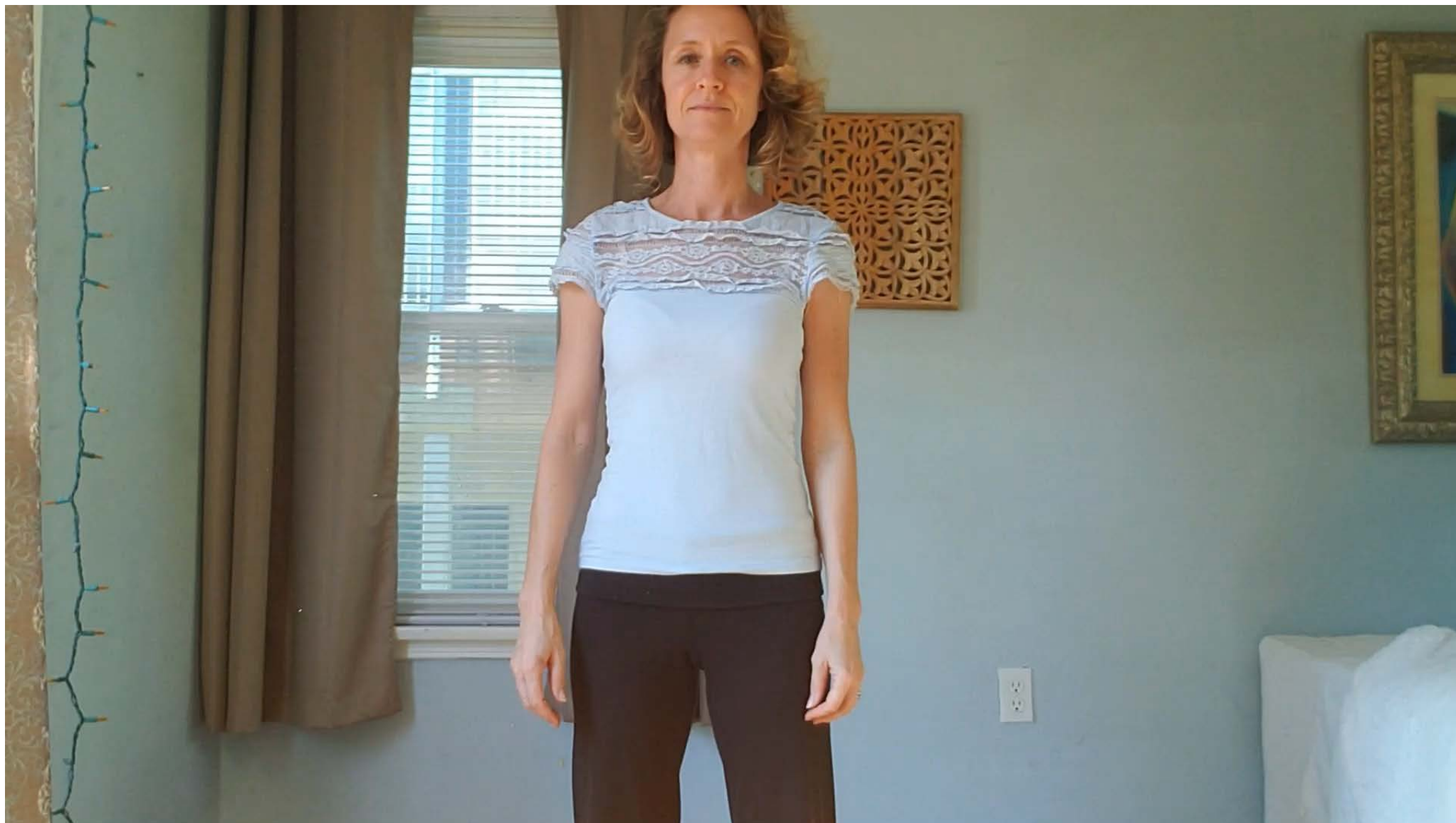
Next, my emotion changes into feeling hopeful which is a lot more pleasant.

Lastly, my emotion changes into feeling happy, which feels lovely.

See if you can spot my emotions come and go like the weather!



Click below to view Amanda's emotion dance.



What emotions will you choose for your dance?

Will you start with one that feels unpleasant, like angry, or afraid or embarrassed, or very sad?

Can it change to one not quite so unpleasant like frustrated, uncertain, shy, or only a little sad?

Can it change to one that feels more pleasant like curious or hopeful or a little bit happy?

Lastly, can it become a really pleasant feeling, like happy, joyful, excited or peaceful?

