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| **Section: My book of emotions** | | | |
| **Objective:** | | Children create a book and learn about different emotions  SEL Competency: Self Awareness  Developmental level: Emergent  Key Message: I can have different feelings, and these feelings are linked to what I do and what happens to me  Time: 5 minutes 30 seconds | |
|  | **Character name** | | **Content:** *Format*  (TONE OF ADDRESS)/‘Lines from script’/song/sound clip no. |
| **1.** | FX (sound FX) | | STANDARD INTRODUCTORY JINGLE NO.xx |
| **2.** | Host | | We’re going to make our own books today! For this activity, you will need a notebook or a few sheets of blank paper that you can tie together. You will also need crayons, coloured pencils or markers.  Don’t worry if you don’t have these things with you right now. We are going to start the activity today but you can continue it on your own for as long as you want.  If you can, go and get some things to draw with. Remember, you will need a notebook or some blank sheets of paper, and some crayons, coloured pencils or markers. |
| **3.** | FX (sound FX) | | 30 seconds of music to allow children to gather their drawing things if they can |
| **4.** | Host | | Today, we are going to start the first page of a book all about our emotions! Emotions is another way to say feelings! On each page of our book, we’ll draw a different feeling!  Can you think of some different feelings? Call out your answers at home! What feeling words can you think of! |
| **5.** | FX (sound FX) | | 30 seconds of music to allow children to call out the feeling words they know |
| **6.** | Host | | Well? What feeling words were you able to name? |
| **7.** | Child A | | Happy |
| **8.** | Child B | | Sad |
| **9.** | Child C | | Angry |
| **10.** | Child D | | Scared |
| **11.** | Host | | Great! These are perfect emotions to start with!  Lets pick the first feeling to draw about in our “Emotions Book” .  Which one doo you want to start with? |
| **12.** | All | | Happy! |
| **13.** | Host | | Good idea!  On the first page of your emotions book, draw all the things that make you feel happy? Can you tell me some of the things that make you feel happy?  What about you at home!? Can you call out all the things that make you feel happy? |
| **14.** | FX (sound FX) | | 30 seconds of music to allow children to call out the things that make them happy |
| **15.** | Host | | So! What makes you happy!? |
| **16.** | Child A | | My family |
| **17.** | Child B | | My friends |
|  | Child C | | Playing outside |
|  | Child D | | Eating my favourite food |
|  | Host | | Wow! These all sound amazing! I can see why they make you feel happy!  Take as much time as you need to draw all the things that make you feel happy on the first page of your emotions book!  When you’re finished drawing what makes you feel happy, you can draw the other emotions.  Let’s think about some ideas for sadness. What are some of the things that make you feel sad? |
|  | FX (Sound FX) | | Sound of children thinking/ murmering/ concentrating |
|  | Host | | What about you at home!? Can you call out all the things that make you feel sad? |
|  | FX (sound FX) | | 30 seconds of music to allow children to call out the things that make them sad |
|  | Host | | (KINDLY/ GENTLEY) So, can anyone share with me? What makes you feel sad? |
|  | Child A | | When I have to say goodbye to my friends |
|  | Child B | | When people are mean to me |
|  | Child C | | When I’m sick or someone in my family is sick |
|  | Child D | | When I am all alone and I have no one to play with |
|  | Host | | Thank you for sharing. These are all good ideas of things that can make us sad. You can draw all about sadness on the next page of your emotions book.  Everytime you learn about a new emotion or you learn a new feeling word, you can draw about it in your book!  Can you do that for me? |
|  | All | | Yes |
|  | Host | | Very good! Some of the other emotions, or feeling words, you can draw are: anger, or feeling mad, fear, or feling scared, and pride, or feeling proud.  Do you think you can do this? |
|  | All | | Yes! |
|  | Host | | Very good! Remember, everyone has feelings. It is important that we are able to tell what we are feeling, and that we are able to talk about our feelings. Making this emotions book is a great way to discover all the different things that make you feel the way you do! |