



Health: Emotions & Mental Health

Key Vocabulary:

Happy

Sad

Lonely

Angry

Excited

Depressed

Surprised

Afraid

Tired

Frustrated

Worried

Congratulations!

I'm sorry.

How can I help?

I feel

That's OK.

Argue

Lesson Overview:

In this lesson students will learn vocabulary and sentence structures to label and express emotions. Learning to support others in their communities and age demographic will be emphasized. Students will be encouraged to notice their own emotions and those of those around them and be given socially appropriate responses to use in a variety of situations. They will engage in role plays about conflict resolution and learn some key vocabulary to use in these situations. Resources to address issues concerning mental health, including depression, will be presented through a workshop given by a local service agency.

Objectives:

- Students will recognize and say a limited number of words for emotions.
- Students will practice talking about how they are feeling.
- Students will respond appropriately to others' feelings.
- Students will practice solving problems with others through conflict resolution role plays.
- Students will become aware of resources available for mental health and aging through the associated workshop.

Materials Needed:

- Conversation Card: *Emotions*
- Card set: Emotions
- Card set: Emotion Scenarios
- Card set: Conflict Scenarios
- PowerPoint: Emotions
- Worksheets: Feelings, Vocabulary list
- Write-on/Wipe-off dice (purchased from a dollar store)