

Emotions Matter! Emotional Check-In Using Imagination

*An At-Home Literacy Lesson Plan Crafted by BGCH Literacy
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Photo: The Boys and Girls Club of Harlem

Imagination is the gateway to expression and brilliance. This lesson will use imagination to encourage youth to express themselves and explore how emotions affect them in key areas of their lives. Encouraging youth to express their feelings will create a positive learning environment and improve academic achievement.

If your child cannot read, read the text out loud to them. Ask them the questions and have them respond and/ or solve on a separate sheet of paper. If your child can read, simply give them the second page of this handout and have them read the text out loud or in their head.

Materials: Blank paper, pen or pencil, internet access/YouTube

Addresses Common Core Standards:

CCSS.ELA-LITERACY.SL.3.1
CCSS.ELA-LITERACY.SL.3.2

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Step 1: With a partner, view the clips according to your grade level. After watching, discuss these questions.

Akili and Me Grade K-2



https://www.youtube.com/watch?v=at_fILSD4_k

What were some of the emotions expressed in "Akili and Me"? How did the characters express their emotions? What steps were taken to work through any emotions Akili, and her friends may have experienced?

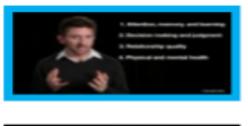
Robocar Grade 3-4



<https://www.youtube.com/watch?v=y1Zu68Lb35k>

What are some of the emotions expressed in "Robo Car"? How did the rescue team feel about Mr. Builder being sick? How do you know they felt that way? What did the rescue team do to help Mr. Builder feel better?

Why Emotions Matter Grades 5-8



<https://vimeo.com/52622353>

*Why do emotions matter?
Are the current events affecting your ability to focus?
What are your feelings about the Corona Virus outbreak?*

Step 2: Emotional Soup Activity

Emotions matter for all areas of life. *Activate your imagination* following the steps below.

FEAR

HAPPY

ANXIOUS

FRUSTRATED

EXCITED

1. Write out the emotions on a shredded piece of paper
2. Ball up the shredded paper and place in a bowl
3. Take turns picking out a ball from the bowl and read out loud sharing stories of the last time you felt the emotion. How you feel? How did you react?

Emotions matter for...

1. Emotions matter for paying attention: Think about it – if you have an argument with your mother or a brother or sister before you leave for school, it may be hard to pay attention to your work in the morning. On the other hand, if you left the house feeling calm and excited about the school day, it will be easier to pay attention and learn.



2. Emotions matter for decision-making: Think about a time when you made a bad decision or did something you later wish you hadn't. What were you feeling at that time? Too excited or angry? Or maybe you made a good decision because you were calm or in a pleasant mood when deciding what to do.

3. Emotions matter for your relationships: Emotions are information – they tell you whether or not to approach or avoid someone. Would you want to invite someone who has been in a terrible mood all morning to sit with you at lunch? This works the other way around, too. If you walk into the lunchroom in a good mood, it is more likely that someone will want to sit with you.

4. Emotions matter for your health: Think about how you feel when you have too much stress in your life. You might get a stomachache or a headache, or maybe you feel tired or depressed a lot of the time. Over a long period of time, these things can really take a toll on your body and your mind. But if you learn to manage your emotions, your health will be better over time.