

A Teacher's guide to:
"Wear Your Emotions on your Sleeve"

Week 1- 3

The children will be assigned a lanyard spot, and given an envelope with the colors. This week will strictly be about identifying their emotions.

Introduction Lesson:

Introduction: Go through each color and ask students what emotions are evoked when they see that color. Make a chart paper list for each color.

Body: Then bring out a piece of chart paper that will go as our symbols for our class. Then introduce your colors.

Conclusion: Have each student pick the color they are feeling and put it into their lanyard. They will then have five minutes to think of a motion to go with it. We will share with the class. This will be done every morning in Morning Circle. They will need to come up with a motion or an action for their feeling. For example, if they are sad they need to pout or put their head down and fall on the ground.

Exploring the World of Colors:

Listening to music and finding something that can soothe

- Objective: Discuss feelings and emotions that are evoked throughout the pieces.
 - Come up with a pre-made CD of 5 songs that has all different genres of music.
 - Do the worksheet entitled - "How does music make you feel?"
 - For the student, if a song is calming it can be used after a tantrum or a song that makes them sleepy can be used at night.

Week 2-6

We will add on the next element. The children need to come in each morning and fill in a "How do I feel?" worksheet. They will still need to think of a motion to go with their feeling/color, and then there will be a face on the worksheet so the element of visual arts will take place. The child will

draw on the face what someone's face would look like when they were feeling that feeling/color. They need to work on recognizing and drawing what facial expression correspond with the emotion

During the day if their emotion changes, they need to go to their journal and fill in a new page so they can start to identify their feelings and then we can learn how to deal with the feeling/color.

Exploring the World of Colors:

Soap Operas- Have the students watch soap operas on mute. Ask them what each person is feeling and how they can tell. They should be working on understanding that by looking at a person's body language and facial expressions you can tell how they are feeling.

Artwork- Look at many different types of art and ask students why they feel that each piece of work was colored that way. Ask them why they used each color and what the artist was trying to convey.

Week 3-10

The last element will be role-playing. There will be different scenarios and 2 different cards in each envelope. Each student in the group of 2 will get an individual card. This card will have the emotion they are feeling and the scenario they will participate in. At first both students will put the emotion into their lanyard, but as they get better at reading facial expressions they will not put their emotions into the lanyard. They will next have to play out the scenario. If the scenario is one student is mad at the other for taking a toy, they will need to use their words to work out the situation.

- Websites:
 - SYMBOLISM OF COLOR:
USING COLOR FOR MEANING:
<http://www.princetonol.com/groups/iad/lessons/middle/color2.htm>
 - Symbolism Color: <http://www.three-musketeers.net/mike/colors.html>

- Books:
 - Yesterday I Had the Blues
By Jeron Ashford Frame

- Candyland Board Game

Created by Alexis Hershkowitz 2007

Color Options/Examples

Option 1:

Red- Anger

Green- Jealousy

Yellow- Happy

Blue- Sad

Orange- Aggression

White- Sick/Ill

Option 2:

Red- + love
- anger/rage

Orange- + aggression
- distrust

Yellow- + joy/happy
- confused

Green- + harmony
- Jealousy

Blue- + Confident
- sadness

Purple- + creative
- gloomy

White- + safe
- ill/sick

Black- + powerful
- evil/dark

Created by Alexis Hershkowitz 2007

"How Does Music Make You Feel?"

Name :

Date :

Song 1-

What color/emotion do you feel?

What makes you feel that way?

Song 2-

What color/emotion do you feel?

What makes you feel that way?

Song 3-

What color/emotion do you feel?

What makes you feel that way?

Song 4-

What color/emotion do you feel?

What makes you feel that way?

Song 5-

What color/emotion do you feel?

What makes you feel that way?

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Song 5-

What color/emotion do you feel?

What makes you feel that way?

Created by Alexis Hershkowitz 2007

"What Does This Art Really Mean?"

Name :

Date :

Artwork 1-

What color/emotion do you think the artist felt?

What makes you feel that way?

Artwork 2-

What color/emotion do you think the artist felt?

What makes you feel that way?

Artwork 3-

What color/emotion do you think the artist felt?

What makes you feel that way?

Artwork 4-

What color/emotion do you think the artist felt?

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How Do You Feel Today?

Name:

Date:

Color:

Emotion:

Describe your emotion in 2
adjectives:

Draw your face:

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How Do You Feel Today?

Name:

Date:

Color:

Emotion:

Describe your emotion in 2
adjectives:

Draw your face:

Scenario 1

Emotion: Angry

Scenario: You have come to school and your mom didn't let you go on the bus. The person sitting in front of you has taken your pencil and broken it in half.

Scenario 1

Emotion: Sad

Scenario: You have come to school and your mom and dad were fighting all morning. You are afraid your dad won't come home tonight. The person in front of you has made fun of you and you

have broken his pencil. The teacher said you have to apologize.

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Scenario 2

Emotion: Happy

Scenario: You got all your math problems right. You want to tell your friend that you got a HUGE prize.

Scenario 2

Emotion: Sad

Scenario: You only got 3 problems in math right. You want to hear what your friend has to say, but you are afraid they are going to make fun of you if you tell them what you got.

Scenario 3

Emotion: Angry

Scenario: Your friend told you that his shoes are cooler and he will beat you in a race. Your friend wants to fight, but the teacher is standing right next to you.

Scenario 3

Emotion: Aggression

Scenario: You told your friend that your shoes were much cooler and that you were going to fight him now to show that they are. The teacher is watching very closely.

Scenario 4

Emotion: Ill/Sick

Scenario: You are very confused on what to do next in class. You need to ask your friend for help.

Scenario 4

Emotion: Aggression

Scenario: You are bored with what is going on in class. You would like to go on to free time but the teacher is making you sit in your seat.

Scenario 5

Emotion: Happy

Scenario: You are going on a field trip later in the day but your friend is trying to get you to throw your shoe at the teacher. If you throw the shoe you will not be able to go.

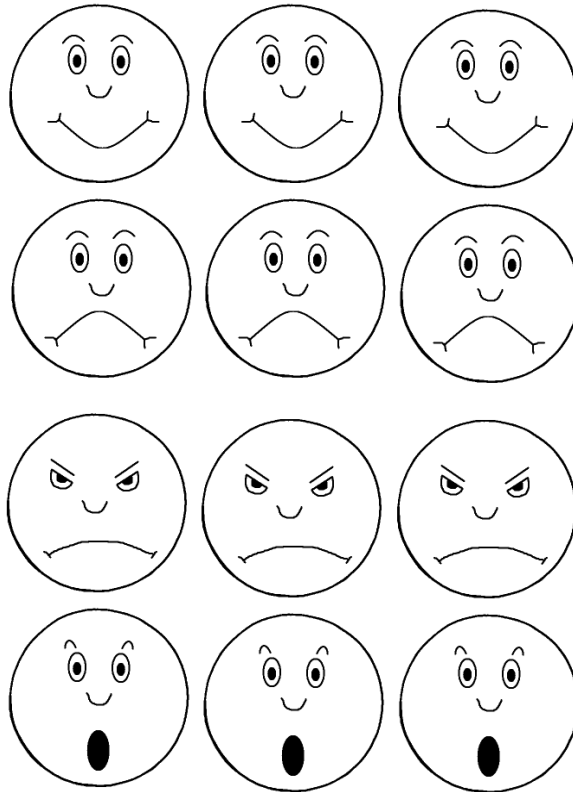
Scenario 5

Emotion: Jealousy

Scenario: The teacher won't let you go on the field trip. You are trying to get your friend to throw their shoe so they can't go either.

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