

# Everyday Emotions

This lesson provides students with the opportunity to build skills surrounding compassion and being kind towards how others are feeling.

**Caring Sub-Concept(s)**

Compassion, Kindness

**Lesson Timeframe**

30-40 minutes

**Required Materials**

- ❑ Interesting articles to read to prepare for questions related to the science of emotions:

<https://www.verywell.com/how-many-emotions-are-there-2795179>

and

<https://www.verywell.com/understand-body-language-and-facial-expressions-4147228>

**Standards Map**

This lesson aligns with CASEL Competencies, National Health Education Standards, and Common Core State Standards. Please refer to the [Standards Map](#) for more information.



**DESIGNATED BY CASEL  
AS A RECOMMENDED PROGRAM  
FOR SOCIAL AND EMOTIONAL LEARNING.**

See last page for details.

## Lesson Objective

Students will:

- Apply their understanding of feelings and emotions and predict how others may feel in response to different situations.

## Teacher Connection/Self-Care

Introduce yourself to a new teacher/staff at school today. Remember what it felt like to be new. Friendly faces make it easier.

### Tips for Diverse Learners

- Children on the autism spectrum may have a difficult time recognizing emotions in people's facial expressions. Pair up students if necessary.
- For the wrap-up, you could let students in this group study the picture further and give them specific emotions to work on recognizing based on the picture. What does happiness seem to look like? What does sadness seem to look like? Give these students specific things to look for (frown, smile, furrowed brow, big eyes) and relate to an emotion.



## Share

5-7 minutes

**Ask:** *When you hear the word emotions, what do you think of?*

Invite student response.

*How many emotions can you list right now? Work to group them into the **6 core emotions**:*

1. Happiness/Joy
2. Sadness
3. Anger
4. Fear
5. Disgust
6. Surprise

Review these 6 core emotions and ask students: *Which words on that list are new words for you?*

Invite student response; they may need help working through disgust.



## Inspire

5-7 minutes

Scientists tell us that we have about 42 muscles in our faces that create facial expressions that show emotion. Isn't that amazing? Scientists also tell us that most of how we communicate with other people happens not with what we say, but through what we do, our body language! Our facial expressions make up a good portion of that body language.

*Everyone, let's practice making faces that show these 6 emotions (note if students also naturally use their hands to help express the emotion):*

1. Ok, on "3," make a **happy** face. 1 - 2 - 3!
2. On "3," make a **sad** face. 1 - 2 - 3!
3. On "3," make a **scared** face. 1 - 2 - 3!
4. On "3," make an **angry** face. 1 - 2 - 3!
5. Ok, on "3," make a face that shows you are **disgusted**. 1 - 2 - 3!
6. On "3," make a **surprised** face. 1 - 2 - 3!

*Good! I think you all understand what these emotions can look like on the outside.* Comment on the use of hands; likely students automatically did this (put hands to face in surprise; put hands up in defense or over their head in fear, etc.)



## Empower

12-15 minutes

*Now we are going to see how easily we are able to identify emotions when we see them on other people's faces.*

Use the attached image or other images you have.

For this activity, have students engage in a [think, pair, share](#). Put students in groups of two and invite both students to take turns sharing with each other what they see in the pictures (1-9) and why those people might be feeling that emotion.

Display the pictures up on your smartboard and walk around with a copy as well for up close viewing. Invite students to talk with their partner about which of the eight emotions they think each person is experiencing and what might be happening to make this person wear this expression and feel this emotion.

1. Look closely at one of the faces.
2. Identify the emotion being expressed.
3. Discuss why this person might be feeling this way.



## Reflect

5-7 minutes

*What is important to understand from this lesson is that everyone in the world, no matter who you are, feels these emotions. And, we all make very similar expressions when we feel these emotions so it is pretty easy to recognize when someone is sad or scared or upset or happy. Remember how we talked about being a helper before? What do you suppose helpers are really good at seeing in other people?*

Invite student response. Look for students to say “emotions” or “facial expressions that show emotion,” etc.

*Yes, helpers are good at seeing when people are scared or upset or sad, and that makes them want to help. There is another emotion inside of us called compassion that we will talk about in our next lesson. Compassion is sort of like a superpower emotion that helps turn us into helpers. We often recognize compassion by what someone does or says vs. by what you see on their face. We will talk about that more in the next lesson, though.*

*Today, spend some time studying people’s faces. See if you can tell, just by what you see, how they are feeling. If you notice someone who looks sad or upset, what can you do to show kindness to that person and show that you care about how they are feeling? Sometimes you can help by simply recognizing that they are sad and you noticed them. Simply saying, “Hey! You look sad. Are you okay?” can make them feel better.*



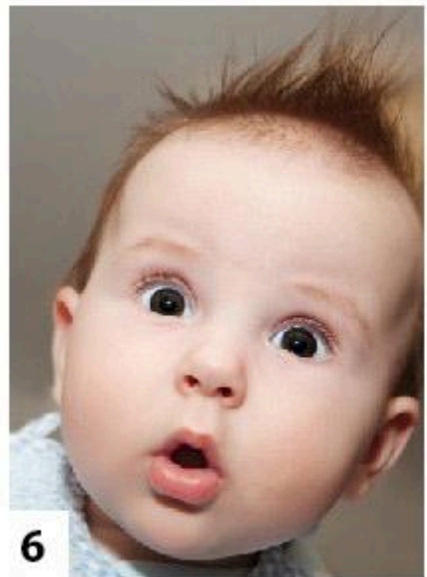
DESIGNATED BY CASEL  
AS A RECOMMENDED  
PROGRAM FOR SOCIAL  
AND EMOTIONAL  
LEARNING.

The Collaborative for Academic, Social, and Emotional Learning (CASEL) has been reviewing evidence-based SEL programs since 2003. Kindness in the Classroom® meets CASEL’s SElect Program and is included in the [CASEL Guide to Effective Social and Emotional Learning Programs](#).

Kindness in the Classroom® met or exceeded all of CASEL’s criteria for high-quality SEL programming. Kindness in the Classroom® received CASEL’s highest designation for high-quality SEL programming.

<https://casel.org/guide/kindness-in-the-classroom/>

**RANDOM ACTS OF KINDNESS**  
FOUNDATION®



Source: <https://k12.thoughtfullearning.com/minilesson/seeing-emotion-facial-expressions>

**RANDOM ACTS OF KINDNESS**  
FOUNDATION®