

Feeling Flashbacks

GRADE LEVEL: 1-8

OVERVIEW: Here's a lesson that involves visual, auditory, and kinesthetic learners. This lesson uses a cooperative learning structure (Mill and Mingle) to help students share and express feelings and build a sense of community among students.

Note: This lesson should be used after these feelings have been discussed and modeled.

OBJECTIVE(s): To share and express feelings
To build a class sense of community

MATERIALS: Cards with Feelings (for visual learners)
Tape recorder or record player
Music appropriate for grade level
Space to move around freely

ACTIVITIES AND PROCEDURES:

Mill and Mingle -- While music plays students circulate through classroom. When the teacher stops the music, they form pairs by turning to the person closest to them. The teacher calls out a feeling (use cards, also, as cue for visual learner) and the pair shares with each other a time when they have felt that way. The music starts and they mill and mingle again and the process is repeated several times.

Possible feelings: happy, angry, embarrassed, lazy, scared, frustrated, shocked, loved, proud, important, curious, pleased, bored, disappointed, upset, joyful, sad, surprised, terrific, alienated, ashamed, worried

TYING IT ALL TOGETHER: After activity ask students to identify similarities and differences in feelings shared.

Journaling: Ask students to write about this experience of shared feelings in their journal.