

## Standard One - Lesson Two: Identifying Feelings

**Time:** 30-minute class period

**Materials:** Feelings Charades Cards, Feelings handout (pages 6 & 7 copied back to back)

### Objectives:

Students will be able to identify what a feeling is.

Students will be able to share when they have felt angry, sad, afraid and happy.

### Introductory Activity

Explain that the students will learn about feelings today. . Have students close their eyes and think of a time they felt happy. After they have had a chance to visualize it, have students open their eyes and have several share what came to mind for them. Repeat the exercise for sadness and anger, each time allowing a few students to share their experience. You might start with some personal examples.

### Activities

Explain that feelings are a way to let us know we are alive. But we do not always react with the same feeling as someone else might to a similar situation Explain that there are no right or wrong feelings. Most important is how we act in response to what we are feeling.

Share the Bible Memory Verses for the day **Psalm 100:2** *Serve the Lord with gladness.*

**Habakkuk 3:18** – *Yet I will rejoice in the Lord; I will take joy in the God of my salvation.*

Have students look at the pictures on the Feelings handout and discuss how each person might be feeling and why. Have students take one picture and build a story around it using verbal and situational cues. Have some ideas of your own to get them started. Talk to the students about some of the feelings you have in the feelings charades game later to teach them how to identify a wider variety of feelings.

On the back of the page, have students fill in the picture of the face to show a feeling. When finished, have students show their picture to someone else and see if they can guess what the feeling is.

Tell the story of Joseph (see excerpts from Scripture Resource Guide-Standard One - Lesson Two) Ask the students to tell what feeling Joseph and the other characters in the story may have felt as the story unfolds. You might give some simple choices to start their thinking

Cut out the Feelings Charades cards. Fold the cards and put them in a box. Have students draw a feeling. Tell the student what the feeling is and have them act it out for the rest of the class. Have students guess what feeling is being portrayed by the student. The student who guesses correctly becomes the next one to draw a feeling card and act it out for the class. Take each student aside and help them plan what they will do (smile, frown, etc.)

# *Feelings*





## Feelings Cards – Cut out

sad	happy	afraid	mad
confuse d	glad	lonely	excited
angry	surprise d	proud	tired

Draw a face that shows a feeling.

**Psalm 100:2**  
**Serve the Lord with gladness**

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