


LESSON 11

EMOTIONAL REACTIONS

LESSON 11
Emotional Reactions

How would you feel if this was you?



Four sets of horizontal lines for writing answers.

LESSON 11
Emotional Reactions

What happens to your body emotions?


When you're **angry**, what do you

When you're **scared**, what does your face look

When you're **sad**, what happens

What happens to your **tummy** when you're s

What does your **heart** feel like when you're **excited**?



Three sets of horizontal lines for writing answers.

Victorian Curriculum

PERSONAL AND SOCIAL CAPABILITY

Self Awareness and Management

- **Recognition and expression of emotions** - Extend their vocabulary through which to recognise and describe emotions and when, how and with whom it is appropriate to share emotions.

Social Awareness and Management

- **Relationships and diversity** - Listen to others' ideas, and recognise that others may see things differently.
- **Relationships and diversity** - Describe ways of making and keeping friends, including how actions and words can help or hurt others, and the effects of modifying their behaviour.

Learning Intentions:

- To identify physical reactions to emotions.
- To compare different emotional responses.

Resources:

- Student workbooks.
- Drawing/Writing materials.

Outline:

Activity 1: How Would You Feel? (10min)

- Refer students to images in their workbooks, and ask students to discuss how they would feel if it was them in the picture?

Activity 2: How Does Your Body Feel When...? (10min)

- Ask students to act out how their body looks and feels when they are:
 - Happy
 - Sad
 - Tired
 - Scared
 - Jealous
 - Angry
 - Excited
 - Nervous

Activity 3: Workbook Activity

- Students complete activity in workbooks, 'What happens to your body when you feel different emotions?' Students can write or draw their responses.