



Writing to Express Feelings

Lesson three addresses different emotions and how writing can help you reflect and understand your emotions and even make you feel better.

Vocabulary:

Emotion — Something we feel inside, such as anger, sadness or happiness.

Discuss:

Use the following questions as a guide for a class discussion after viewing the video:

- *What is an emotion?* (Something we feel inside, such as anger, sadness or happiness.)
- *What feelings did Coach Write have in the video?* (Sad because the team lost the game, and mad because the pen ran out of ink.)
- *Why is it a good idea to write about your feelings?* (It can help you understand them, make you feel better and help you to share how you feel with others.)
- *Can you recall a time when you felt happy?* (Encourage several students to share, or have them share with a partner.)
- *Can you recall a time you felt surprised by something?* (Encourage several students to share with the class, or have students share one-on-one with a partner.)

Ohio Standards:

W.K.3, W1.3, W2.3, W3.3

Watch:



Watch the video “Writing to Express Feelings.”

Review:

- Writing about your feelings helps you to reflect and understand them.
- Writing about your feelings can help make you feel better.
- You can share how you feel with others through writing.

About Student Handouts:

The differentiated handouts provide students with choices to encourage writing about their personal feelings. Teachers should model their own example using the student handout, as in this think-aloud example:

“Have you ever looked in a mirror and seen your own reflection? That is kind of what reflecting on your feelings is like. It’s like taking a look inside yourself to see how you are feeling. Sometimes we have strong emotions such as happiness because we just had a really fun day at school. Or someone might feel sad because it is raining and they won’t be able to play outdoors. Either way, reflecting on your feelings can help you understand why you’re feeling that way and may help you figure out what you can do to feel better.”

“I am going to think about the different feelings on the handout and pick one that I can write about. I am going to choose ‘excited’ to write about. Hmm ... when is a time that I am excited? I am excited when I get to take a walk on a sunny warm day. I am also excited when I get to spend time with my friend. This time, I choose to write about taking a walk.”

I feel excited when I take a walk on a sunny, warm day.

“I am going to add more to my writing and explain why I am excited to take a walk.”

Sometimes I see chipmunks and birds on my walk.

“Writing about your feelings can make you feel good and sometimes helps you understand your feelings better. Look at all your choices of feelings and decide what you can write about.”

Provide adjustment and support to students as needed.

It is important to provide flexibility, as some students may have a feeling not provided on the page that they want to write. If students are struggling to develop an idea, having a discussion about feelings and prompting them to tell you about it verbally before writing may help. If students are reluctant not to write about themselves, writing about a character in a story may be a better option.

Writing to Express Feelings Handout A:

Students choose an emotion (happy, sad, surprised, mad, excited) from the top of the page and complete the sentence frame: “I feel _____ when _____.” Then they draw a picture related to their sentence.

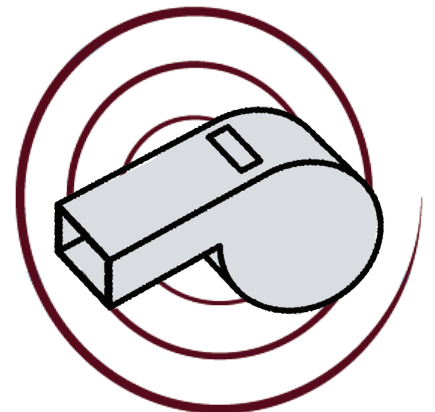
Writing to Express Feelings Handout B:

Students pick an emotion from the top of the page (happy, nervous, grumpy, angry, frustrated, surprised, excited) to write about a time they felt that way and explain why they felt that way. Space is given to draw a picture. Provide sentence starters for those who need more support.

Writing Checklist:

Provide students with a checklist to review their own writing or have a classmate check their writing.

- Did I use a capital letter to start my sentences?
- Do I have punctuation at the end of my sentences?
- Do my sentences make sense when someone else reads them?



Writing to Express Feelings: Handout A

Name _____

Choose a feeling to write about.

 sad	 mad	 happy	 surprised	 excited
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(fill in the emotion)

I feel _____

(explain why you feel that emotion)

when _____


Draw a picture about your sentence.



Writing to Express Feelings: Handout B

Name _____

Choose a feeling. Write about a time you felt that way. Explain why you felt that way.

 grumpy	 happy	 surprised	 excited	 nervous	 frustrated
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Draw a picture about what you wrote.

