



## Educator guide: Feelings lesson

### **Recommended for grades:**

4<sup>th</sup> grade

### **Time:**

6 minutes

### **National Health Education Standards:**

This activity aligns with the following National Health Education Standards:

- Standard 1: Use functional health information to support health and well-being of self and others.
- Standard 7: Demonstrate practices and behaviors to support health and well-being of self and others.

For more information about the National Health Education Standards, visit the SHAPE America website: [shapeamerica.org](http://shapeamerica.org).

### **Learning objectives:**

After completing this lesson students will be able to:

1. Describe appropriate ways to express and deal with emotions.
2. Explain what empathy is.
3. Demonstrate one or more ways to show compassion toward others.

### **Lesson description:**

In this lesson students will learn appropriate ways to express and deal with certain emotions. They will also learn the importance of being sensitive to others' feelings, as well as how to show empathy and compassion. There is a worksheet that students can complete as they go through the lesson.



### Pre and post-test questions:

Use the following questions with your students in any way that you see fit (on paper, using a survey tool, etc.) You may choose to combine questions from various lessons and activities that your students participate in. Correct answer choices are bolded.

1. What is one healthy way to deal with anger?
  - a. Keep your anger inside
  - b. Take a break.**
  - c. Yell at the person making you angry.
2. What is one healthy way to deal with worry?
  - a. Figure out exactly what you're worried about.**
  - b. Stay away from your friends.
  - c. Keep it to yourself.
3. What is empathy?
  - a. Feeling sad for someone else
  - b. Understanding how someone else is feeling**
  - c. Talking about your feelings

### Vocabulary:

Use the following list of vocabulary as a reference for yourself or your students as you complete the Feelings lesson. You may choose to use this list in any way that fits your needs.

- Angry – feeling mad or upset
- Anxiety – a mental health condition when a person worries even though there is nothing to worry about, or worries all the time and it affects their daily life
- Compassion – helping and supporting others
- Emotion – a feeling such as happiness, love, fear, anger, disappointment, excitement, etc.
- Empathy – the ability to understand how someone else is feeling, often by putting yourself in the place of someone else and thinking about how you would feel if you were that person
- Feeling – an emotional state, such as happy, sad, excited, scared, etc.
- Worried – feeling very concerned

# Feelings lesson worksheet

Name: \_\_\_\_\_ Date: \_\_\_\_\_

**Instructions:** Complete this worksheet as you move through the Feelings lesson.

1. What are three healthy things you can do when you're in a situation that is making you angry?

a. \_\_\_\_\_

b. \_\_\_\_\_

c. \_\_\_\_\_

2. What are three things you could do when you're worried?

a. \_\_\_\_\_

b. \_\_\_\_\_

c. \_\_\_\_\_

3. What is anxiety?

4. What is empathy?

5. What is compassion?

6. List three ways you can show compassion to someone.

a. \_\_\_\_\_

b. \_\_\_\_\_

c. \_\_\_\_\_

# Feelings lesson worksheet answer key

1. What are three healthy things you can do when you're in a situation that is making you angry?

Answers will vary, but could include any of the following: take a break, cool down, take deep breaths, count to ten, run around outside, draw a picture to represent your anger, write about what's making you angry, etc.

2. What are three things you could do when you're worried?

- a. Figure out exactly what you're worried about
- b. Think of ways to make it better
- c. Ask for help

3. What is anxiety?

Anxiety is when you're worried, but there really isn't anything to worry about, or when you worry all the time and it affects your daily life.

4. What is empathy?

Empathy is the ability to understand how someone else is feeling. It often involves putting yourself in the place of someone else and thinking about how you'd feel if you were that person.

5. What is compassion?

Compassion is helping and supporting others.

6. List three ways you can show compassion to someone.

Answers may vary, but could include any of the following: asking others what they need, trying to help others, getting to know others, always acting with kindness, stopping rumors, inviting kids to join you, etc.

# Supplemental activity: Compassionate classroom

## Objectives:

After completing this activity students will be able to:

- Explain what empathy is.
- Demonstrate one or more ways to show compassion toward others.

## Materials needed:

- Whiteboard or SMART board
- Index cards, or something similarly sized, that students can write an act of kindness on

## Time required:

20 minutes

## Instructions:

In this activity students will practice showing compassion for others by helping and supporting others, both in and outside of the classroom/school. Begin by discussing empathy and brainstorming ways students can be sensitive to the feelings of others. Discuss with students that everyone may feel something different, and it's important to try and understand how another person is feeling. It might be helpful to present a few different situations to the class and ask them how they would feel in each different situation. For example, Clara wasn't invited to Lauren's birthday party, but Lauren and her friends are all talking about it in front of Clara. How do you think Clara might feel?

Next, give each student several index cards, or whatever you choose to use for each act of kindness. Encourage students to perform different acts of kindness throughout the next week or so, and write them down on the cards. They can be completed at school, at home or out in the community. It may be helpful to create a list of possibilities on the chalk board or SMART board. Examples could include: holding the door for a family leaving the library, asking a student to eat lunch with you, shoveling the neighbor's sidewalk, helping the adult at home put away groceries, saying good morning to a student you don't normally talk to, giving a compliment to someone or volunteering at a food pantry or humane society. The list of possibilities is endless!



If there is room in the classroom, designate a place to display all the acts of kindness. You could create an acts of kindness tree, flower garden or whatever creative idea the students may have. To take it even a step further, students could discuss with school administrators the possibility of making this a school-wide activity and have a display area that is visible to all students.

# Handouts

Included on the following pages are additional resources that you and your students' families may find useful.





# Anxiety disorders in children

## What are anxiety disorders?

Children with anxiety disorders have too much fear and worry that lasts a long time. Children with anxiety often have problems at school or home because of it.

A small amount of anxiety is normal in childhood. At different ages, some fears are common like fear of being away from parents and fear of the dark. Children can also have anxiety when they are in new or stressful situations.

Children can have so much anxiety it causes problems.

Some children:

- Have aches and pains, like headaches or stomachaches
- Feel restless, tired or tense
- Have trouble focusing or sleeping
- Can also have tantrums or meltdowns because of anxiety

## What causes anxiety disorders?

There are many reasons why a child may have anxiety. It can run in families and start at birth. It can also start after exposure to stressful events and problems meeting developmental milestones.

## What are the symptoms of anxiety disorders?

Children with anxiety may:

- Be very upset when caregivers leave them
- Be very shy and quiet in new situations and with people not in their family
- Stay away from places or activities that make them feel nervous
- Worry a lot about many things, and not be able to control the worry
- Talk about or ask questions about the things they worry about
- Not talk in stressful places, but talk easily at home
- Feel very scared of certain things like animals, heights, being in an airplane or seeing blood



## **How are anxiety disorders treated?**

Anxiety will not get better without help. Treatment for mild anxiety starts with psychotherapy. In psychotherapy a health care provider helps your child by understanding how they think and feel about things.

Children will learn to:

- Replace their anxious thoughts with helpful ones
- Control their anxious feelings with coping skills

Your child will need to practice what they learn outside of sessions. This is an important part of therapy. Parents are often part of therapy sessions so they can help their child practice the skills. Psychotherapy is usually done by psychologists, mental health counselors and clinical social workers.

- Medicine can help decrease feelings of anxiety. Medicines may be prescribed to help your child's anxiety.
- For moderate to severe anxiety, treatment that uses psychotherapy and medicine together may be most helpful.

## **How can I help my child's anxiety?**

- Be with your child and support them during stressful times. If your child gets anxious remain calm. Have them take deep and slow breaths. They can pretend they are blowing up a balloon. Do not let your child pass up things that raise their anxiety.
- Ask your child to talk about their worries. You can tell them what you saw that made you think they were anxious. For instance, if their body shakes when they are anxious, this is called a non-verbal cue. Do not tell your child not to worry.
- Have a daily routine or use a schedule so your child knows what to expect.
- Praise your child for facing fears and being brave in stressful situations.
- Talk with your child's school to let teachers know how they can help your child practice using their coping skills. If anxiety causes problems for your child at school a special plan called a 504 Plan or IEP may be needed.



# Recognizing depression in children

## What is depression?

Depression is a mood disorder that affects the way you think and feel. The most common symptom is a feeling of deep sadness. People who are depressed may also:

- Feel hopeless
- Feel that life isn't worth living
- Have thoughts of suicide or death

## Depression in children

Children as young as age 6 may feel depressed. But they can't always tell you how they feel. Instead, your child may:

- Eat more or less than normal
- Sleep more or less than usual
- Seem unable to have fun
- Think or speak about suicide or death
- Seem fearful or anxious
- Act in an aggressive way
- Use alcohol or other drugs
- Complain of stomachaches, headaches or other pains that can't be explained
- Have problems at school or home

## What can you do?

Children with depression can be helped with treatment. Here are some ways you can help:

- Talk with your child's healthcare provider about medicine and psychotherapy. Both can help.
- Look for mental health resources at your child's school, local mental health center, social service agency or hospital.
- Let your child know that they will not feel this way forever.
- Offer your love and support.
- If your child talks about death or suicide, seek help right away.



# Resources for families and educators

- Centers for Disease Control and Prevention (CDC), [cdc.gov/childrensmentalhealth/](https://cdc.gov/childrensmentalhealth/)
- Children's Wisconsin, [childrenswi.org](https://childrenswi.org)
- KidsHealth, [kidshealth.org](https://kidshealth.org)
- Mental Health America, [mhanational.org](https://mhanational.org)
- National Alliance on Mental Illness (NAMI), [nami.org](https://nami.org)
- National Institute of Mental Health (NIMH), [nimh.nih.gov](https://nimh.nih.gov)
- PBS Kids for Parents: Emotions and Self-Awareness, [pbs.org/parents/learn-grow/all-ages/emotions-self-awareness](https://pbs.org/parents/learn-grow/all-ages/emotions-self-awareness)
- Wisconsin Department of Public Instruction (Student Services/Prevention and Wellness), [dpi.wi.gov/sspw](https://dpi.wi.gov/sspw)



# Transcript

## Slide 1

Zoe: In this lesson we're going to talk about feelings, which are also called emotions, and healthy ways to show and deal with them.

Miguel: Most emotions come and go without a problem, but sometimes you might need help figuring out how to deal with them, especially ones that don't feel as good as others. But as you learn to talk about, and cope with the unpleasant feelings, they become less unpleasant.

Zoe: We're also going to talk about the importance of being sensitive to the feelings of others. But before we do that, open the worksheet and either save it or print it. Complete this worksheet as you move through this lesson.

## Slide 2

Everyone experiences many different feelings each day. It's important to know that all feelings are normal and healthy, and there are no right or wrong feelings. There are some though, that you may need help expressing and dealing with. We're going to take a closer look at two of those feelings: anger and worry.

## Slide 3

First let's talk about anger. Everyone gets angry sometimes. Some kids might get so angry that they scream, punch walls, slam doors or break things. These are not healthy ways to express anger. In these types of situations, the goal is to calm down and be able to express your emotions in a healthier way.

#### Slide 4

There are a few things you can do when you're in a situation that is making you angry. First, take a break from the situation. If you're in an argument with your brother or sister at home, walk away and go to a different room, or outside. This will give you some time and space to calm down. Take some deep breaths, or count to ten...whatever works for you.

Sometimes you may need to get your anger out in a healthy way before you're able to calm down. That may mean running around outside, drawing a picture to show your anger or writing about what's making you angry.

#### Slide 5

Worry is another emotion that can sometimes be difficult to express and deal with. It's important to remember that everyone worries sometimes, and that worries can be big or small. No matter what you're worried about there are some things you can do.

#### Slide 6

Sometimes you'll know exactly what you're worried about. But, other times you might not know what's bothering you. Take some time to try and figure out what you're worrying about.

Sitting around worrying is no fun. But there are things you can do to feel less worried. For example, let's say you're worried about a book report you have to give in class. You could practice giving the report to a family member or a friend. You could also practice it in front of the mirror. You may still feel nervous but at least you'll know you did everything you could to prepare.

If you can't figure out why you're worried, or if you can't find a way to feel less worried, it's time to ask for help. Find a trusted adult to talk to, such as a parent, other family member, teacher or counselor. Just talking about your feelings with someone you trust can make you feel better.

## Slide 7

Sometimes, feeling worried can turn into what's called anxiety. Anxiety is when you're worried, but there really isn't anything to worry about, or you're worrying all the time and it begins to affect your daily life at home and school. If you're feeling this way it's really important to talk to someone. Your parent or other trusted adult may have you talk with a counselor or therapist. These are people who are trained to help kids deal with all kinds of emotions, including anxiety and worry. They'll help you come up with different ways to cope with these emotions.

## Slide 8

Just as you hope that others are sensitive to your feelings, it's important to recognize and be sensitive to the feelings of others too. It's not always easy to understand how someone else feels. It's important to watch and listen to others. Look at people's facial expressions and body language. Both can tell a lot about how a person is feeling. For example, if a person is scowling and has their arms crossed they're probably angry. If they have a great big smile on their face and are talking excitedly about something, they're probably happy.

Take a look at my friends and see if you can figure out what they may be feeling. Click on each word and drag it to the correct picture.

Great job! You matched all three emotions!

## Slide 9

Empathy is the ability to understand how someone else is feeling. Empathy often involves you putting yourself in the place of someone else and thinking about how you'd feel if you were that person. Once you understand how someone else may be feeling, you can show compassion.

Compassion is helping and supporting others. You can show compassion by asking others what they need, and then trying to help them. Make an effort to really get to know others. Always try to act with kindness. For example, if you see someone sitting alone at lunch, invite them to sit with you and your friends. Or, if you hear someone spreading rumors about someone else, tell them to stop.



## Slide 10

Miguel: It's super important to be kind to one another. A smile or a simple "hello" can really mean a lot.

Zoe: I couldn't agree more! We all need to show empathy and compassion to others. As a matter of fact, we're going to go spread some kindness now. We'll see you later!





# Acknowledgements

Children's Wisconsin would like to acknowledge the following individuals for serving as subject matter experts during the development of mental and emotional health lessons and activities for 4th grade:

Stephanie Hamann, MA, LPC, Children's Wisconsin

Ashley Jors, Milwaukee Public Schools

Elizabeth Krubsack, MS LPC, Wisconsin Department of Public Instruction

Tim Riffel, MS, LPC, Children's Wisconsin

Nicholas Schneider, LPC, Children's Wisconsin

Tricia Schutz, MSW, LCSW, Children's Wisconsin

A special thank you to Jen Morrison, owner of Orange Leaf – Waukesha, WI, for her help in making our program videos possible.





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