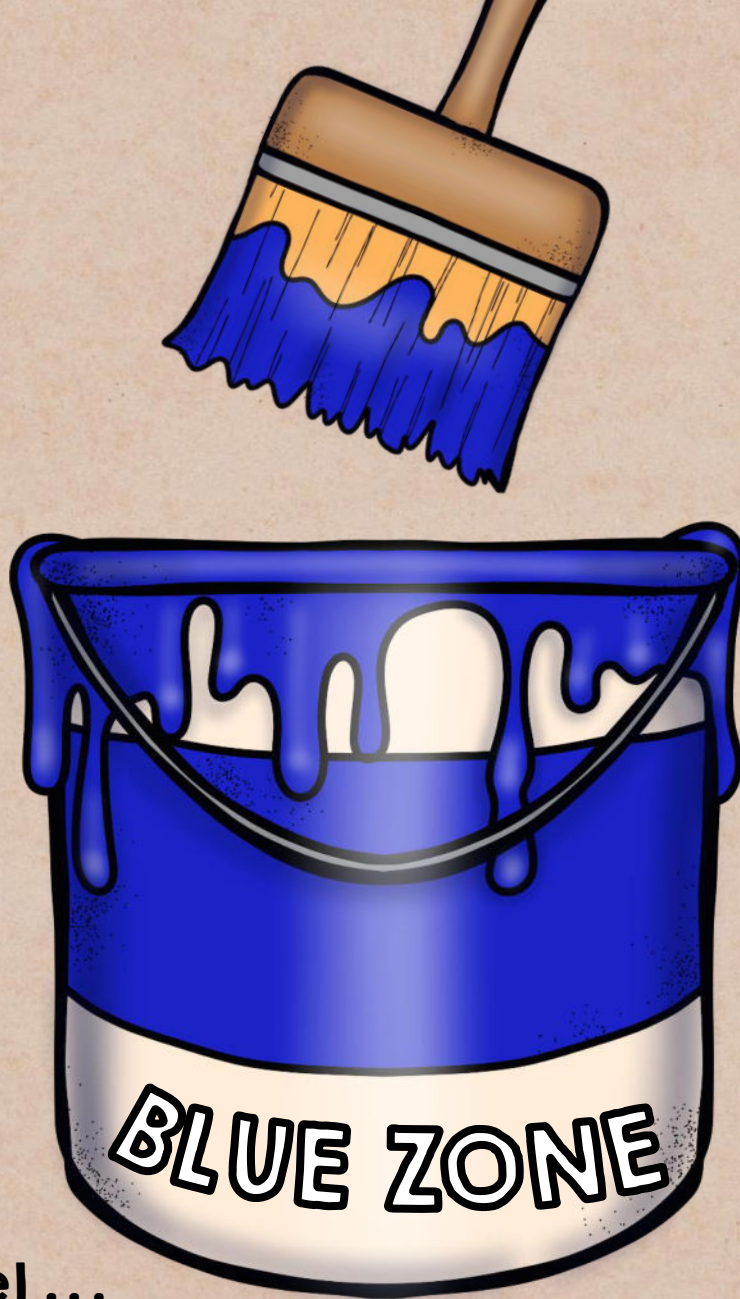




- Lesson Plan on Zones of Emotions for Grades K-I

Zones of Emotions





When I feel ...

tired

sad

bored



When I feel ...

happy

calm

**ready to
learn**



When I feel ...

frustrated

worried

fidgety



When I feel ...

mad

terrified

**out of
control**

I can get to the ...

GREEN ZONE

by ...

**Counting to
10**

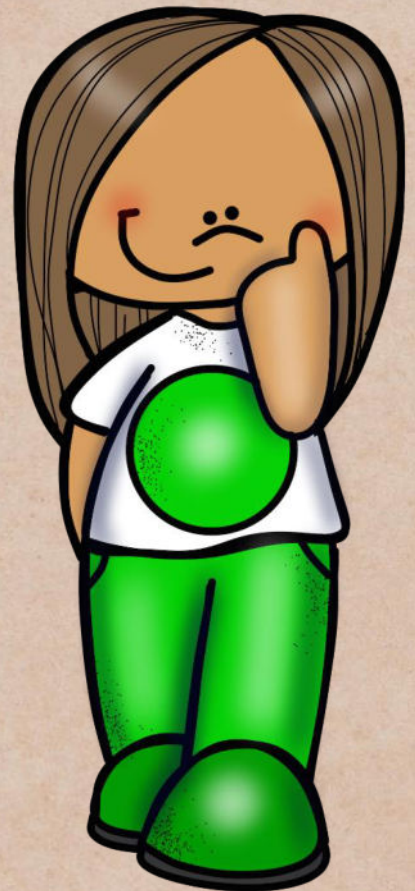
**Deep
breaths**

**Drinking
some water**

**Taking a
break**

Stretching

**Taking a
walk**



Paint the Zones

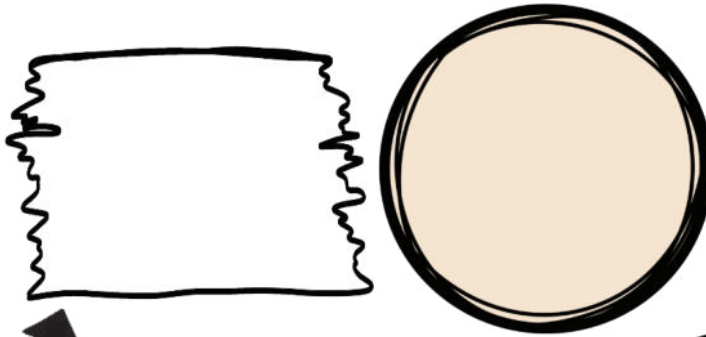
Get into pairs. Your teacher will read to you five different situations. After each situation, together with your partner, decide which Zone of Emotion this situation describes, and color in the correct square into that color. Then, choose one of the Faces that you think matches the situation best, and paste it into the circle.

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our worksheet

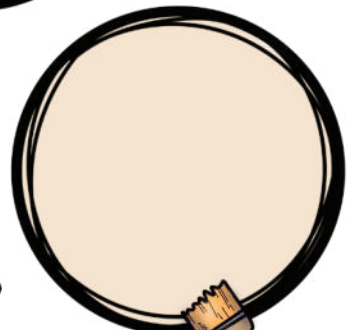
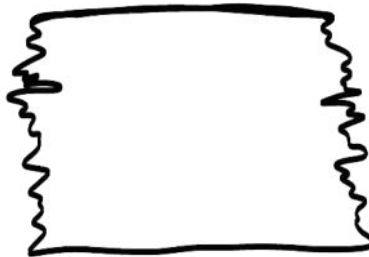
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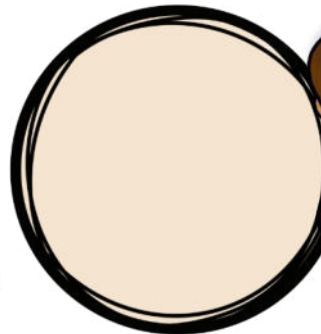
This is how my face would look in this situation

This is the color of the Zone of Emotion.

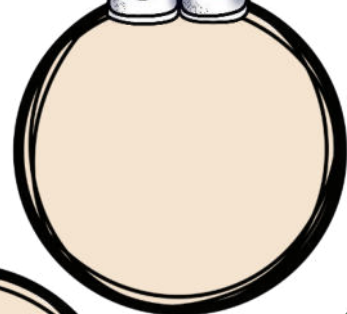
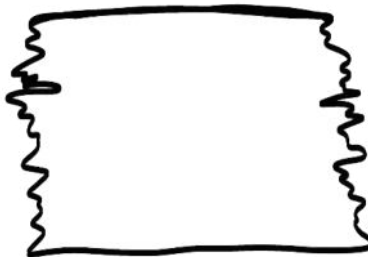
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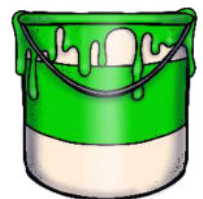
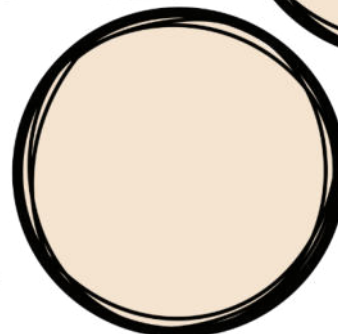
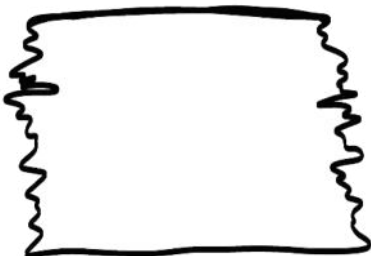
3.



4.

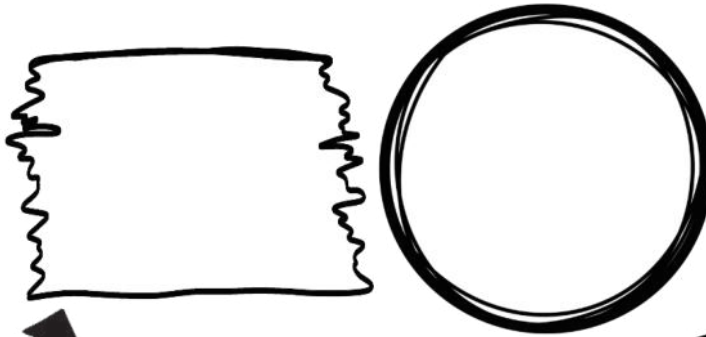


5.



our worksheet

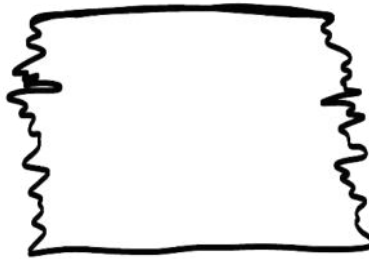
1.



This is how my
face would
look in this
situation

This is the
color of the
Zone of
Emotion.

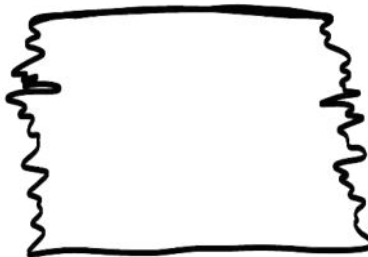
2.



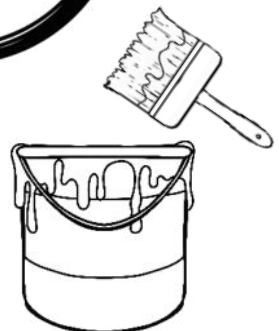
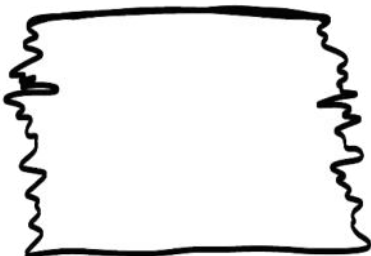
3.



4.



5.



Faces

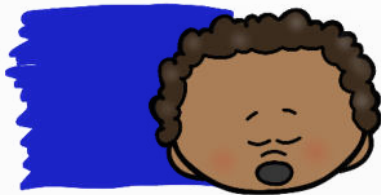
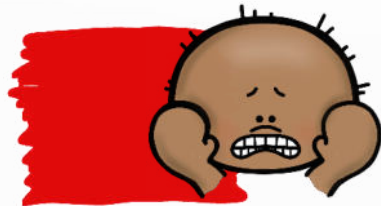


Teacher's Guide

Situations

1. Sally got an A, and she's really happy about it.
2. Jake is running around the room and screaming.
3. Everyone is working, but Tina is just sitting at her desk and not doing anything.
4. Rachel keeps distracting her classmates by talking to them.
5. Mike is listening carefully to the teacher.

Sample Solutions

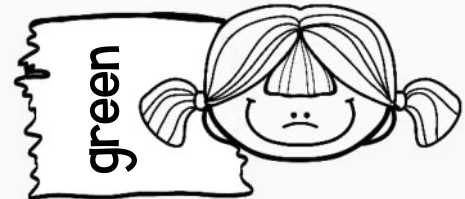


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Sample Solutions



What's the Zone?

Which ZONE is she in?

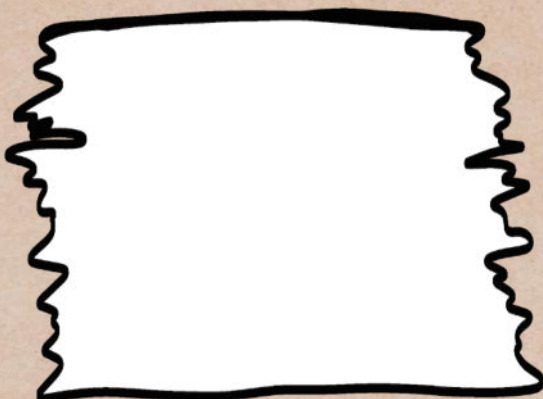




How can she go into the GREEN ZONE?

draw

describe



What's the Zone?

Which ZONE is she in?

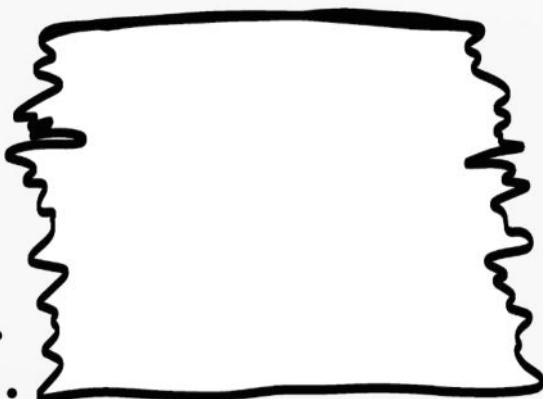




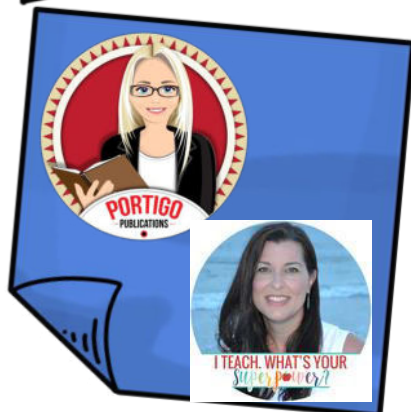
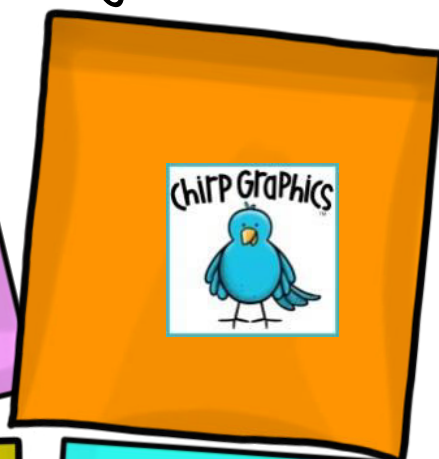
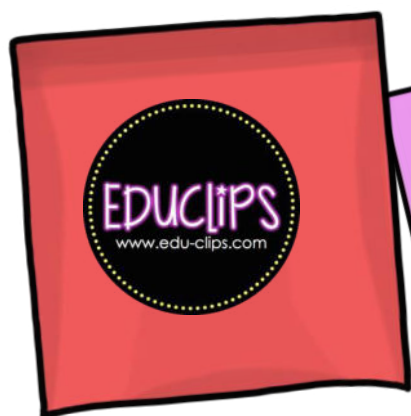
How can she go into the GREEN ZONE?

draw

describe



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