



Introduction to Emotional Awareness and Self-Expression

This 24-lesson project-based learning approach is designed to introduce 7-year-old students to the concept of emotional awareness and self-expression through the art of storytelling. Over the course of 24 English language lessons, students will engage in activities that incorporate reading, writing, listening, and speaking skills to develop essential emotional awareness and self-expression skills.

Lesson Objectives

- Students will be able to identify and express their emotions in a healthy way.
- Students will learn effective ways to express themselves through storytelling.
- Students will develop their reading, writing, listening, and speaking skills through project-based learning activities.



Lesson 1-2: Introduction to Emotional Awareness

Introduce the concept of emotional awareness and self-expression. Read stories that explore different emotions. Discuss the importance of emotional awareness and self-expression.

Lesson Plan

Introduction (10 minutes)

- Introduce the concept of emotional awareness and self-expression.
- Read a story that explores different emotions.

Discussion (20 minutes)

- Discuss the importance of emotional awareness and self-expression.
- Ask students to share their thoughts and feelings about the story.



Lesson 3-4: Identifying and Expressing Emotions

Teach students to identify and express their emotions through writing and drawing. Introduce vocabulary related to emotions. Have students create an emotional awareness journal.

Lesson Plan

Introduction (10 minutes)

- Introduce vocabulary related to emotions.
- Have students create an emotional awareness journal.

Activity (20 minutes)

- Have students write and draw about their emotions.
- Encourage students to use descriptive language and vivid imagery.



Introduction to Emotional Awareness and Self-Expression through Storytelling

Lesson 5-6: Storytelling Techniques

Introduce storytelling techniques such as character development, plot structure, and literary devices. Have students create a short story that conveys emotional awareness.

Lesson Plan

Introduction (10 minutes)

- Introduce storytelling techniques such as character development, plot structure, and literary devices.
- Have students create a short story that conveys emotional awareness.

Activity (20 minutes)

- Have students write and illustrate their short story.
- Encourage students to use descriptive language and vivid imagery.



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Lesson 7-8: Self-Expression through Storytelling

Have students create a visual representation of their emotions through art or music. Introduce the concept of self-expression through storytelling.

Lesson Plan

Introduction (10 minutes)

- Introduce the concept of self-expression through storytelling.
- Have students create a visual representation of their emotions through art or music.

Activity (20 minutes)

- Have students create their visual representation.
- Encourage students to use descriptive language and vivid imagery.



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Lesson 9-10: Emotional Intelligence

Introduce the concept of emotional intelligence. Teach students to recognize and understand emotions in themselves and others.

Lesson Plan

Introduction (10 minutes)

- Introduce the concept of emotional intelligence.
- Teach students to recognize and understand emotions in themselves and others.

Activity (20 minutes)

- Have students role-play scenarios that demonstrate emotional intelligence.
- Encourage students to use descriptive language and vivid imagery.



Introduction to Emotional Awareness and Self-Expression through Storytelling

Conclusion

The Introduction to Emotional Awareness and Self-Expression through Storytelling project-based learning approach is designed to help 7-year-old students develop essential skills in emotional awareness, self-expression, and English language arts.

Assessment and Evaluation

- Student participation and engagement.
- Quality of student work, including writing, art, and presentations.
- Student reflection and self-awareness.
- Progress in reading, writing, listening, and speaking skills.

