



## Introduction to Emotions (Day 1)

*Welcome to our four-day adventure into the world of emotions! This lesson plan is designed to introduce 3-year-old children to the concept of emotions, helping them understand, identify, and express their feelings in a healthy and constructive manner.*

1. Emotion Charades: Act out different emotions (e.g., happy, sad, angry) without speaking, and have the children guess the emotion.
2. Feeling Faces: Provide each child with a paper plate and art supplies. Ask them to draw a face representing how they feel today.
3. Emotion Walk: Organize a walk around the classroom or school where children have to find objects or pictures that evoke certain emotions.
4. Group Storytelling: Begin telling a story that involves different emotions and stop at various points to ask the children to suggest what the character might be feeling and why.

## Recognizing Emotions (Day 2)

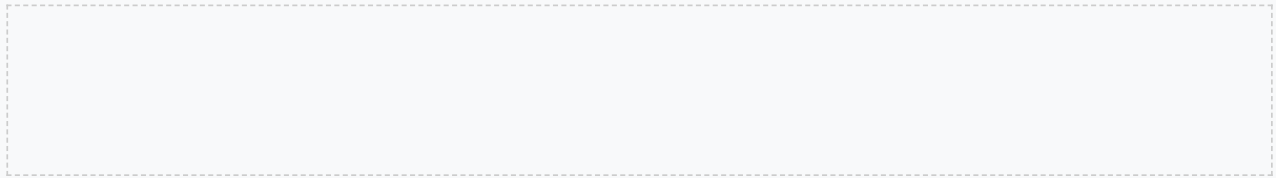
*Today, we will focus on recognizing emotions in ourselves and others.*

1. Emotion Sorting: Prepare pictures or cards with different facial expressions. Ask the children to sort these into categories of emotions (happy, sad, angry, surprised).
2. Role-Play: Set up different scenarios (e.g., sharing a toy, losing a game) and have the children role-play how they would react in these situations.
3. Emotion Matching: Create a matching game where children match emotion words (written or pictured) with their definitions or corresponding facial expressions.
4. Group Discussion: Hold a group discussion on how everyone feels when they are happy, sad, or angry, and what they do to feel better.

## Expressing Emotions (Day 3)

*Today, we will focus on expressing emotions through art and drama.*

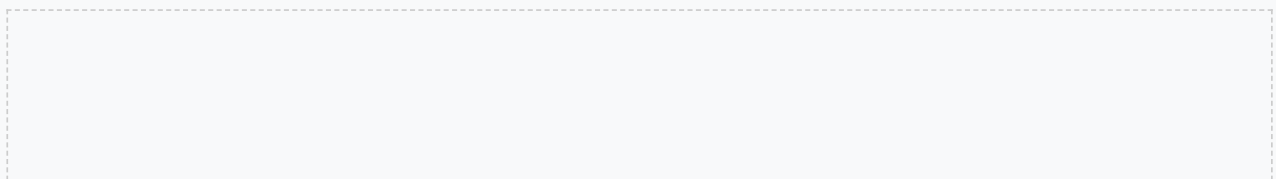
1. Art Expression: Provide various art materials and ask the children to create something that represents a specific emotion (e.g., draw something that makes them happy).
2. Emotion Scavenger Hunt: Hide pictures or objects around the classroom that represent different emotions. Give each child a list of emotions and have them find an object that matches each emotion.
3. Drama: Use puppets or stuffed animals to act out scenarios involving different emotions. Ask the children to identify the emotions and suggest how the characters might feel better.
4. Collaborative Mural: Have the children work together to create a mural that represents different emotions, using colors and symbols to convey feelings.



## Empathy and Self-Regulation (Day 4)

*Today, we will focus on empathy and self-regulation.*

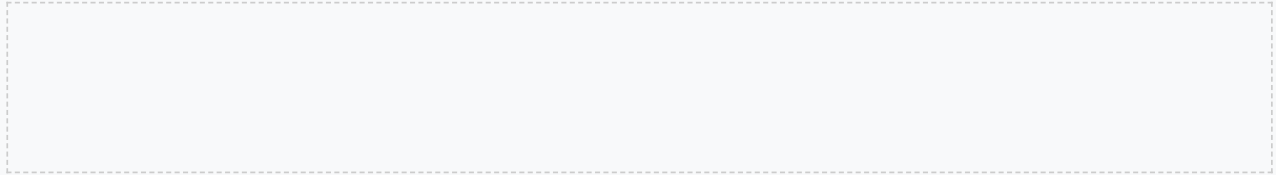
1. Empathy Circle: Sit in a circle and start with a scenario or story that evokes an emotion. Pass a small object around the circle, and when someone is holding the object, they share how they would feel in the given situation.
2. Feelings Checklist: Create a simple checklist with different emotions and have the children mark how they are feeling each day. Discuss the changes and reasons behind these feelings.
3. Emotion Charades with Music: Play different types of music that evoke various emotions (e.g., happy, calm, energetic) and have the children act out how the music makes them feel.
4. Reflection Time: Spend time reflecting on what was learned throughout the week. Ask the children to share one thing they learned about emotions and how they can apply it in their daily lives.



## Assessment and Evaluation

*Observe children's participation and understanding throughout the activities.*

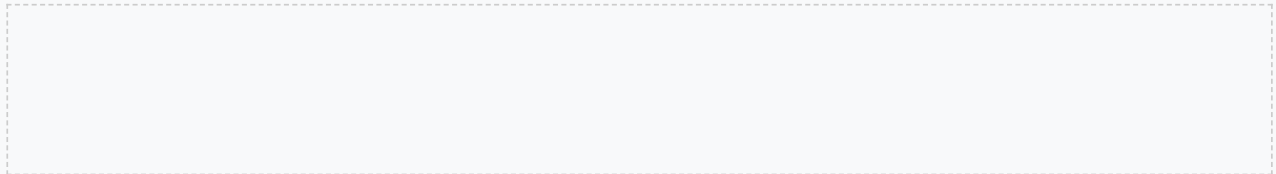
1. Use the emotion sorting and matching games to assess their ability to recognize and identify emotions.
2. Evaluate their ability to express emotions through art and drama activities.
3. Use the group discussions and reflections to assess their understanding of empathy and self-regulation.



## Extension Activities

*Create an "Emotion Book" where children can draw and write about different emotions.*

1. Invite a guest speaker, such as a counselor or therapist, to talk to the children about emotions and how to manage them.
2. Create a "Feelings Chart" in the classroom where children can point to how they are feeling each day.



## Safety Considerations

*Ensure the classroom environment is safe and free from hazards.*

1. Supervise children closely during activities, especially when using materials like scissors, glue, or paint.
2. Be mindful of any allergies or sensitivities children may have and plan activities accordingly.

## Conclusion

*This 4-day lesson plan on emotions in babies is designed to introduce 3-year-old children to the concept of emotions, helping them understand, identify, and express their feelings in a healthy and constructive manner.*

