

Grade 2: Emotional and Romantic Life

Educational aims:

1. We experience different feelings in our everyday lives. Some are positive and some are negative. We can also experience two feelings at the same time that may appear to be contradictory.
2. We can express our love toward our parents, family and friends. There are different ways to express our feelings to those we love in order to show our affection and to feel good.

Children will:

- Review different emotions and what they might feel like and look like
- Understand the emotions tend to be strong and short lived, as opposed to feelings (ex: I'm angry at my mom, but I still love her)
- Discuss the different feelings they have towards the various people in their lives
- Explore the feelings that are considered positive (ex: happiness, pride, etc.) and negative (ex: disappointment, sadness, etc.) while understanding that all feelings are acceptable to feel
- Explore conflicting feelings in a situation (ex: being angry at someone we love)
- Explore how feelings can be expressed, and that we are all different and will not react the same way to a certain stimuli
- Discuss what is an appropriate way to express different feelings (ex: hitting someone because you are mad at them vs walking away from them to calm down)

Activity: Recognize that we have various ways of experiencing feelings and expressing ourselves depending on who we are with. Our feelings sometimes are conflicting.

- With the use of various books explore different feelings and experiences of characters in a story. The teacher can read various books over a period of time.
- Create a chart in the classroom of different feelings
- Have the students express different feeling in front of a mirror to show that some feelings can be difficult to express thereby difficult to interpret
- Have students use verbal and non-verbal cues to communicate feelings
- Use the activity ideas in Paul Merlo's book *Jeux de groupe pour jeux vivre ensemble*
- Use sentence starters like: When I'm afraid..., When I'm worried..., ...makes me proud, etc.