

Closure	5 min	<p>Discuss with students how people feel lots of emotions and how it is important to still make good choices and express these feelings in a way that ensures others around them are not hurt.</p> <p>For example, it is okay to feel sad or lonely but saying mean words is not okay. A good choice could be to take a break, tell someone you are upset, etc.</p>	Students listen to examples of good choices to engage in when feeling particular emotions.
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Adaptations:

- For students who are non-verbal, place emotion cards next to the colour cards (i.e. a sad face next to the colour blue) and have students select how they feel currently and hold the card up so their classmates can see.
- Have students use their hands to paint if they have difficulty holding crayons.

Extension Activities

- Take out the colour cards during other situations, such as when there is an argument between classmates or when it is someone's birthday. Have students choose or say which colour they are feeling. Discuss with students the reasons why they are feeling that emotion and what behaviour they should be engaging in.
- Create a classroom-wide colour system by displaying a colour chart and referring to it throughout the day in reference to how the students are feeling as well as how you, the teacher, are feeling. Discuss the reasons behind the feelings and the appropriate way to express those feelings.

Reflection: What went well? What needs to be changed for next time? What did I observe about my students? What would better facilitate my teaching of this topic? What needs to be considered for subsequent lessons on this topic?