



Feelings Explorer — Lesson Plan

Grade: Pre-K–2 | Duration: 50–60 minutes | CASEL Domain: Self-Awareness

Objective: Students will build emotional vocabulary, practice sitting with feelings, and understand that emotions are temporary weather, not permanent identity.

Essential Question: *"What happens when you explore a feeling instead of running from it?"*

Materials: The personalized story, Emotion landscape cards (printed), Large paper and watercolors, Journals or paper

Vocabulary: Emotion, Explore, Landscape, Curious, Frustrated, Proud, Nervous, Grateful, Overwhelmed, Peaceful

ANTICIPATORY SET (5 MIN)

Emotional weather check: "What's your internal weather right now? Draw a quick weather symbol. Share with your neighbor."

DIRECT INSTRUCTION (15 MIN)

Read in sections (this is a 20-verse story). Pause at each emotion-landscape. Ask: "What does this place feel like? What's it teaching the hero?" Emphasize: the hero doesn't rush. They SIT in each feeling.

GUIDED PRACTICE (10 MIN)

Feelings Interview Pairs: practice asking curious questions about feelings. Model first: "Tell me about a time you felt frustrated. Where in your body did you feel it?"

INDEPENDENT PRACTICE (10 MIN)

Create a personal Emotion Landscape Map. Label 4+ emotion-landscapes with colors, shapes, and what you find there.

CLOSURE (5 MIN)

Gallery walk of maps. Share: "One feeling I want to explore more is ____."

ASSESSMENT

Observe emotional vocabulary during interviews. Review landscape maps for range and depth. Exit ticket: "Name a feeling and what it might be teaching you."

DIFFERENTIATION

Support: Provide emotion-landscape templates with labels. Use sensory materials to represent feelings (rough = angry, smooth = calm).

Extend: Create an "Emotion Field Guide" with detailed entries for each feeling. Write a poem from the perspective of one emotion.

HOME CONNECTION

Send home the landscape map. Start a daily family weather check-in. Encourage curiosity over fixing when big feelings arise.
