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# The Feelings Rainbow — Lesson Plan

Grade: Pre-K–2 | Duration: 40–50 minutes | CASEL Domain: Self-Awareness

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**Objective:** Students will identify emotions through color, understand that all feelings are valid, and practice expressing emotions through art.

**Essential Question:** *"Why does the rainbow need every color — even the dark ones?"*

**Materials:** The personalized story, Rainbow of crayons or watercolors, Paper, Feeling faces chart

**Vocabulary:** Feelings, Rainbow, Emotion, Storm, Calm, Angry, Sad, Happy, Scared, Surprise

## **ANTICIPATORY SET (5 MIN)**

Color check-in: "If your feeling right now was a color, what would it be? Hold up that crayon." Look around the room — we're already a rainbow.

## **DIRECT INSTRUCTION (15 MIN)**

Read aloud, pausing at each color-feeling. Ask: "What does Red feel like in your body? Where do you feel Blue?" Pause at the storm. Let children sit with the discomfort briefly before the rainbow resolves it.

## **GUIDED PRACTICE (10 MIN)**

Feelings Storm movement activity: act out each feeling, then combine them all in a "storm." Practice calming back down. Discuss: storms are temporary.

## **INDEPENDENT PRACTICE (10 MIN)**

Paint a personal feelings rainbow. Label each color stripe. Write: "I felt \_\_\_\_ (color) when \_\_\_\_."

## **CLOSURE (5 MIN)**

Share one stripe from your rainbow. Create a class Color Check-In Chart for daily use.

## **ASSESSMENT**

Observe emotional vocabulary during discussion. Review rainbows for range and specificity. Exit ticket: "Name two feelings and their colors."

## **DIFFERENTIATION**

**Support:** Provide feeling faces with color coding. Limit to 4 colors for younger students. Allow pointing instead of verbal sharing.

**Extend:** Create a "Feelings Color Dictionary" with illustrations. Write a poem using feeling-colors.

## **HOME CONNECTION**

Send home a family rainbow template. Each family member paints one stripe and shares the feeling. Display on the fridge.