

Daniella Metti

Philosophy in Emotion and Color Lesson Plan

Grade Level: k-2 Lesson Plan for teachers

Intro (5-8 minutes)

- Ask how everyone is doing, what they have been up to, how have they been feeling, how their days were, etc.
- Start talking about feelings: start by talking about feelings; what are feelings; why do we have feelings; what are we feeling?

Activity 1 (6-10 minutes):

- Ask about what they feel in the moment and why they feel like that.
- Ask them to pick a color that represents their feeling right now, why did they choose that color?
- Have them draw what they are feeling or draw something that makes them happy or excited or sad or mad and talk about why they drew that and what colors they used.

Activity 2 (8-12 min.):

- For k-2: If your happy and you know it song and have everyone participate by clapping their hands or shouting hooray, etc.
- For k-2: can also do another video but with a story:
<https://www.youtube.com/watch?v=PWujGPb6mgo> - video reading of the color monster and feelings
 - Can ask the students about the colors of the monster when he felt happy, scared, mad, calm, etc.
 - Do they agree with those colors representing feelings
 - At the end, talk about what the color monster feels and why pink was the color for that feeling and if it should be a different color

Ending Discussion (6-8 minutes):

- How do you feel right now in class; is it different than what you were feeling at the beginning of class? Why are you feeling the same or different?
- Do you think we can feel more than one emotion at the same time? Have any of you ever felt more than one emotion at a time?
- Talk about if other things around you have feelings, and how they show their feelings or how they act (For example: Do trees or flowers have feelings? How do they show their feelings? Do they show their feelings when they change? How often do we think about other people's feelings)
- Do we think that some colors are related to different emotions?