

Lesson Plan

Journal of Emotion

Summary

1. Subject(s): Writing, Reading
2. Objective: Students will use dialogue and character development to develop a story that has a clear theme.

SEL Goal: Personifying our emotions places a sense of an attachment to them. After showing the anchor videos to provide clarity on your expectations, students should work to bring their emotions to life.

5. Time Allotment: 1 45-minute class period for instruction, 1 work-time class period.

Directions

Begin by providing a quick-write where students can think and (optionally) share their experiences with several emotions on the prompt (provided below). Then lead a discussion with the following questions:

- Can you experience authentic happiness without also experiencing (periodically) sadness?
- If you were given the option to not experience any emotions, would you entertain it? Or are the painful experiences that we all inevitably have worth it?
- In what ways do you interact with others and behave to promote the feelings that you've highlighted. Make sure to also talk about ways that we make others sad/angry/etc.
- (Rhetorical) "Think about your daily experiences in school. Lunchrooms, gym, extracurricular, Snapchat. All of it. For the most part, do you believe that your interactions lift others up, or do you feel there are areas in which you are tearing others down?
 - How can we improve upon this to ensure that we are bettering the lives of others consistently? Ultimately, it's going to be up to each individual to change our world for the better.

Anchor Videos (w/ prompts)

(Elementary/Early MS Anchors)

❖ Inside Out Link 1	❖ Inside Out Link 2	❖ Sadness Helps
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(Later MS/High School Anchors)

❖ Collateral Beauty (Love)	❖ Collateral Beauty (Time)	❖ Collateral Beauty (Death)
❖ (Love) Scene 2	❖ (Time) Scene 2	❖ Death (Scene 2)

Discussing how emotions help one another:

[Sadness Saves Riley](#)-- This is the one where I encourage students to not default into highlighting a positive emotion. In *Inside Out*, I would argue that Riley does not grow to appreciate her “new normal” without experiencing sadness. It’s at that moment that she was able to move on and remain resilient with all of the changes she had experienced. Sadness is to thank for all of this!

[Collateral Beauty \(Howard Recognizes Pain\)](#)- Shared experiences connect us. In this case, it was perhaps the most tragic experience anyone can endure: the passing of their child. When Howard recognizes it with his wife, they are able to reconcile. Ultimately, it’s Howard recognizing the event that allows him to move forward.

I play both videos and highlight the deep sigh that both Riley and Howard breathe when they are embraced by loved ones. I believe both are a great example of how impactful we can be to one another. In Riley’s case, it was her family’s embrace to allow her to move forward. In Howard’s, it was his wife’s embrace that allowed both of them to move forward.

A huge contributor in being resilient is having people to help along the way. *In what ways are you able to be supportive to your friends when they are in a time of need? If someone you know is in a time of need, what are some ways that you can be of assistance?*

I believe it to be super important to highlight the importance of finding appropriate resources depending on the situation.

All too often, I have met with students who are experiencing secondary trauma because they are not equipped with the skillset to alleviate the situation(s) their friends are experiencing. This lesson is a great opportunity to provide avenues for students to seek additional help if a friend or a family member needs it.



Pre-Write Prompt

Directions: Looking at the emotions in this sheet, think of situations that you have experienced each. You can provide as much or as little information as you feel comfortable. Sharing this is purely optional as the goal of this activity is to recognize different events that have happened in your life.

Happy: _____

Sad: _____

Excited: _____

Frustrated: _____

Proud: _____

Disgusted: _____

Brave: _____

Scared: _____

Stressed: _____

Your choice (_____): _____

Overview

Picture yourself as an emotion. You are a living representative of the emotion that we all experience occasionally throughout life. Whether you are a physical form (*Collateral Beauty*) or an internal form (*Inside Out*) is entirely up to you. Be creative with it!

What would life look like for you? Your job is to carry out the task of providing the emotional response that you are. If you are joy, your job is to *be there* and present when a joyful moment presents itself. (Example of this would be in the hospital room when Riley is born in *Inside Out*.)

You **must** include:

- You have to meet someone who is experiencing your emotion. How did that person respond to your presence?
 - Go into further detail with this interaction. What happened to that person to experience the emotion you've now become.
 - How did the person feel after your interaction with them?
- **Must include dialogue.** This is the targeted skill in this prompt. If you've chosen to be a physical representation, what did the person say to you? What did you talk about?
 - If you've chosen to be an internal representative (*Inside Out*), did you have to collaborate with another emotion at all?

Planning

Introduction

Introduce who you are and what you're about. Be creative about how you came to be (insert emotion you've chosen). How were you "hired"?

Body 1

Describe your job. How do you feel about it? Is it a necessary role (sadness, anxiety, anger), or is it filled with excitement? (joy, happiness, love) **Also, remember that you have to collaborate with your opposite. We cannot authentically experience an emotion unless we've also experienced its counterpart.** Do you enjoy working with this person? What does working together look like?

Body 2

Meet someone. Provide background information on this person. What is this person experiencing? What happened for this person to have to meet you?



Body 3

What did you do to this person to enhance their life? (Even if you're a "negative" emotion, your presence will ultimately enhance their life.)

Conclusion

Provide a reflection on how you view yourself. What do you enjoy/not enjoy about the job you've been assigned to do?
