



with feeling

EMOTIONAL INTELLIGENCE THROUGH THE ARTS

Unit 2 How Do I Feel?

Grade Levels 5–8

Introduction to Unit Two

In this unit, students begin to develop a more complex handle of emotional literacy. They learn specific vocabulary words and discuss situations in which they have felt various emotions while constructing a series of 3-dimensional puppets. Puppets are simultaneously engaging and useful: beyond the end of the unit, teachers may decide to have students extend this unit by putting on a puppet show to show examples of the ways in which different emotions can manifest themselves in children’s lives. While the lesson plans suggest specific emotional vocabulary words, teachers may refer to the master list of emotional vocabulary words and select words that best fit their specific classroom.

While some of the steps to creating the puppets may seem complicated, allow students to explore. They may not create work that exactly follows the directions, but that’s not the point. Exploring different representations of emotional vocabulary words can take many forms; the puppets allow a simple format. If students are pleased with the work they create, they’ve accomplished the primary objective: to enjoy their work while thinking about emotional vocabulary.