**Emotional ABC’s 4-week Group**

**Grades: K-4**

**Week 1- Intro./What feeling look like**

 **Video-** Ch. 1-3 (8 min.)

 **Work Book**- #1 Reading Faces and Bodies (pg. 4-7, 10, 11, 18, 19)

 **Activity-** Emotion Charades

**Week 2- Sensations/Breathing**

 **Video-** Ch. 4-4 ½ (8 min.)

 **Work Book-** #3 Sensations (pg. 1-14)

 **Activity-** Stuffed Animal Breathing

**Week 3- The Emotional Toolbar**

 **Video-** Ch. 5-8 (15 min.)

 **Work Book-** #4 (pg. 4, 10, 15) and #5 (pg.1)

 **Activity-** Emotional ABC’s Work Book #5 Scenerios (Read through together and discuss)

**Week 4- Overview**

 **Video-** Ch. 9-10

 **Group Discussion:**

What did you learn?

Who, what, where, when experiences with emotion.

 **Certificates-** Hand out certificates of achievement

**Extra Activities:**

* Go Moody
* Moody Music guess
* Read book, My Many Colored Days by Dr. Seuess
* Emotion Charades