

# SOCIO-EMOTIONAL WELL-BEING

## Teacher's Guide: GRADE 7 - Lesson 2

### A. Title of Card "Color My Feelings!"

– Emotion Balloon Drawing and Sharing Circle

### B. Competency (according to TLS), Element, and Performance Criteria

#### Competency 5.1

**Element:** Recognise and articulate their emotions, thoughts, strengths, and limitations, fostering a positive self-image and confidence in their abilities.

**Competency 1:** Identify and describe their own emotions and thoughts accurately.

#### Performance Criteria:

Identify and describe basic emotions they experience in different situations

### C. Purpose of Activity

To help students identify their emotions using color and drawings, then express these emotions verbally in a safe, playful setting.

### D. Learning Outcomes

By the end of the activity, students will be able to:

- identify and name at least three emotions they have felt recently
- describe the thoughts connected to those emotions
- understand the link between what they feel and what they think

### E. Resources and Materials

Pre-drawn blank balloon handouts or plain paper

- Colored pencils/crayons
- Emotion colour chart (teacher shows it)

### F. Teaching Trajectories/Implementation Guidelines

#### Warm up: "Emotion Mirror" Game

1. Teacher informs the students that they will play the mirror game and students have to copy the actions.
2. The teacher acts out an exaggerated facial expression for an emotion (happy, sad, angry, surprised, tired, etc.).  
Example: Big smile = happy 😊 , frown and droopy eyes = sad 😞 , puffed cheeks and stomping = angry 😡 .
3. Students copy the facial expression and body movement.

4. Then the teacher says:  
"What feeling do you think this is?"  
Students guess together — or raise hands and say the emotion. Teacher explains the link between the emotion and thoughts of students.
5. Repeat with 3–4 emotions. Students can be invited to lead the game.

### Main Activity: "My Emotion Balloon"

Each student receives a **blank balloon sheet** or draws a large balloon.


They will:

 **Choose a color** to fill in the balloon based on how they feel:

- Yellow = Happy 😊
- Blue = Sad 😞
- Red = Angry 😡
- Green = Calm 🌿
- Purple = Excited 😄

(Teacher can help label or show examples.)

 **Draw a face** inside the balloon that matches the feeling.

 Optional: Add little symbols (tears, hearts, stars) or stickers.

 Students then **name the feeling out loud** using a simple sentence:


- "I feel (happy) because (I played today)."  
(Teacher or assistant can help them say the sentence.)  
Sharing Circle
- Each child holds up their balloon and says:  
"This is my (color) balloon. I feel (emotion)." Applaud and affirm each child with positive reinforcement.

### G. Assessment (Activity Sheet/Worksheet for Students)

#### Teacher Observation Checklist:

- Observes whether child selects a color appropriately
- Child can name or point to the emotion
- Child can say or repeat: "I feel \_\_\_\_"
- Participates in drawing and sharing.

### H. Extension of Activity

-  • **Feelings Wall:** Display the balloons on a classroom wall under an "Our Feelings Today" banner.