

Me and My Emotions

WebQuest Description: This WebQuest is about identifying different emotions and recognizing when we feel these emotions.

Grade Level: K-2

Curriculum: Health / PE

Keywords: Emotions, Feelings, Health, Mental and Emotional Health

Published On: 2008-03-27 14:50:27

Last Modified: 2008-03-26 23:27:24

WebQuest URL: <http://zunal.com/webquest.php?w=9338>

Introduction

Today we are learning about our emotions. We have many different emotions that we display as our moods change. All of us are familiar with happy, sad, and mad but your job today is to find other emotions along with these three. First, we will go over a few emotions and make a book showing all of them. Then we will watch a short video about a boy and his family who describe their emotions with colors and activities. Later, we will write when we have felt some of these emotions ourselves. Remember these are your "feelings" and everybody feels differently when things happen to them.

Tasks

Our task today will be to discover and study the different types of emotions that we encounter. Now, these emotions will be either our emotions or others emotions. We not only need to recognize what we are "feeling" but also what others "feel" so that we can react in the best possible ways. During this project we will be using a video entitled "Yesterday I Had the Blues" and two booklets, "Emotions" and "Emotions Journal."

Process

1.) First you will be assigned into groups of two (2).
 2.) One of you will be a Seeker and the other will be a Recorder.
 3.) The Seeker will be the person in the group who finds the information on the sites provided.
 4.) The Recorder will be the person in the group who records certain information down for both group members. This will not be for ALL of the project just for parts.
 5.) After deciding who will do what job you will download and print off two (2) copies of your "Emotions" booklet.
 6.) Both group members will need your own booklets to have them to study by later.
 7.) After printing off your "Emotions" booklet you will need to color and go over the facial expressions that the characters have in the pictures. Think about when you may have felt these emotions or others around you may have (judging on their facial expression). Keep this in mind because later you may be asked to recall some thoughts and feelings.
 8.) Next you will watch the video "Yesterday I Had the Blues". This video is narrated by a young boy who describes his family and his feelings through colors and activities.
 9.) Now, after watching your video you will need to answer the following questions on the page provide. Print off only one copy and work together. (This means the Recorder will write the answers, however both group members should have input into the answers.) The paper is located at the bottom of the page as an attachment.
 10.) The Seeker now must download and print off two copies of the "Emotions Journal" for both group members.
 11.) In the "Emotions Journal" you will be recalling earlier thoughts of emotions you have had. You will answer how they made you feel and why you felt this way. You may color your journal if you would like, however you must come to the teacher when completed so that they may staple them together for you.

Evaluation

Category and Score	Beginning 1	Developing 2	Very Good 3	Exemplary 4	Score
Being able to follow directions	Following some of the directions but mostly working without reading what you should do next.	Following majority of the directions but not all. Leaving out key steps to the finished project.	Following directions but not completely doing what was asked.	Following directions and doing what each direction asked you to complete.	%10
Discovering different emotions.	Do not try to discover what emotions are in the video or in your booklets. You can not identify any emotions.	Try to discover some emotions in the video or in your booklets. However you can not identify most of emotions used.	Discover many of the emotions in the video or in your booklets. Only a few can you not recognize or understand.	Discover all the emotions asked of you in the video or in your booklets. You should an understanding of different emotions.	%20

Category and Score	Beginning 1	Developing 2	Very Good 3	Exemplary 4	Score
Study the different emotions.	Do not attempt to study the different emotions.	Attempt studying the different emotions but shows little understanding of them.	Studies most of the emotions and understand a majority of them.	Studies all of the emotions presented to them and shows an understanding of what each are.	%20
Completing booklets and worksheet.	Does not attempt to do many but a few (2-3)questions or only gets a few (2-3)right. Also, does not complete the booklets.	Attempts some question but does not get majority right. Also, attempts to complete booklets.	Does all of the worksheet and both of the booklets. Misses a few questions but over all have an understanding.	Does all of the questions on the worksheet and do both booklets. Shows understanding of material.	%50
				Total Score	%100

Conclusion

By now you should be able to recognize emotions in others and even your own emotions better. You should have a better understanding of what these emotions mean and what are some causes for these emotions. Now whenever you are walking down the street if you see someones face try to think of what they are feeling. If they look sad maybe give them a smile. If they are happy be happy with them. Emotions are a wonderful way to communicate without speaking. However, remember some people may not be so easy to figure out and you do not want to hurt anyones feelings by saying that they act as though they are "mad" when maybe they are not.

Teacher Page

This webquest was created to teach young students about their emotions and others emotions. We do this through repetition of seeing the emotions and writing about them as well. We watch how the emotions can be described different ways. The video used takes emotions and compares them to colors and activities.

Standards

Credits

Other