

Objective

The objective of this lesson is to introduce the concept of feelings to the 1-year-old homeschool student and help them understand different emotions.

Materials and Prep

- No materials required.
- No prior knowledge or preparation needed.

Activities

- Activity 1: Emotion Faces

Show the student pictures or drawings of different facial expressions representing various emotions like happy, sad, angry, and surprised. Make exaggerated facial expressions yourself to demonstrate each emotion and encourage the student to mimic them.

- Activity 2: Feelings Song

Sing a simple song about feelings, incorporating different emotions into the lyrics. Use hand gestures or actions to represent each emotion as you sing. Repeat the song a few times to reinforce the concept.

- Activity 3: Emotion Cards

Create simple emotion cards by drawing or printing pictures of different emotions on small cards. Show the cards to the student one by one and say the name of the emotion. Encourage the student to point to the corresponding emotion on their own face or mimic the emotion.

- Activity 4: Emotion Dance

Play some upbeat music and encourage the student to dance freely. As the music changes, ask the student to express different emotions through their dance movements. For example, they can dance happily, sadly, or angrily.

Talking Points

- "Today, we are going to learn about feelings. Feelings are the different emotions we can have."
- "Happy is a feeling that makes us smile and feel good. Can you smile like this? Show me your happy face!"
- "Sad is a feeling that makes us cry and feel a little bit down. Can you show me your sad face?"
- "Angry is a feeling that makes us frown and feel mad. Can you make an angry face?"

- "Surprised is a feeling that makes our eyes widen and our mouth open wide. Can you show me your surprised face?"
- "Let's sing a song about feelings. Sing along with me and show the different emotions with your actions."
- "Look at this picture. What feeling does it show? Can you make the same face?"
- "Now, let's dance to the music. Show me how you can dance happily! Great job!"