

Objective

By the end of this lesson, Sara will be able to identify and express different emotions using Minecraft as a tool for learning.

Materials and Prep

- Minecraft game
- Computer or tablet
- Basic understanding of Minecraft controls

Activities

- **Emotion Builds:** Have Sara build structures in Minecraft that represent different emotions (e.g., a happy house, a sad tree, an angry mountain).
- **Emotion Charades:** Act out different emotions and have Sara guess what emotion you are portraying.
- **Emotion Journal:** Create a digital journal in Minecraft where Sara can draw and write about her own emotions.

Talking Points

- **Emotions are like colors:** "Just like how we have different colors, we also have different emotions. Can you name some colors? What about some emotions like happy, sad, or angry?"
- **It's okay to feel different emotions:** "It's normal to feel different emotions. Sometimes we feel happy like when we play with friends, and other times we feel sad like when we miss someone. What makes you feel happy?"
- **Expressing emotions is important:** "It's important to express how we feel. We can talk about our emotions, draw them, or even build them in Minecraft. How do you think you can express your feelings?"
- **Understanding others' emotions:** "Just like we have emotions, others do too. Sometimes we can tell how someone feels by looking at their face or listening to their words. How can we show kindness to someone who is feeling sad?"