

# Lesson Plan: Building Emotional Intelligence

**Objectives:** Students will learn and practice key aspects of emotional intelligence, including self-awareness, self-regulation, empathy, and social skills. This lesson will be adapted to meet the developmental needs of different age groups.

## Grade Levels:

- Elementary School (Grades K-5)
- Middle School (Grades 6-8)
- High School (Grades 9-12)

**Duration:** 60 minutes

## Materials Needed:

- Emotion cards or charts (pictures of various facial expressions)
- Scenario cards (age-appropriate situations for role-playing)
- Whiteboard and markers
- Art supplies (crayons, markers, paper) for younger students
- Journals or work sheets for older students
- Digital devices (optional, for high school students)

## Elementary School (Grades K-5)

### Introduction (10 minutes)

- **Discuss Emotions:** Introduce the concept of emotions using emotion cards. Show pictures of different facial expressions and ask students to identify and name each emotion.
- **Simple Definition:** Explain emotional intelligence in simple terms: "Emotional intelligence means understanding your own feelings and the feelings of others, and using that understanding to interact well with people."

### Activity: Emotion Faces (15 minutes)

- **Emotion Charts:** Create an emotion chart as a class with pictures and words for different emotions.
- **Drawing Feelings:** Have students draw their own faces showing different emotions and share their drawings with the class. Discuss situations that might make them feel that way.

### Role-Playing Scenarios (20 minutes)

# Lesson Plans On Emotional Intelligence

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