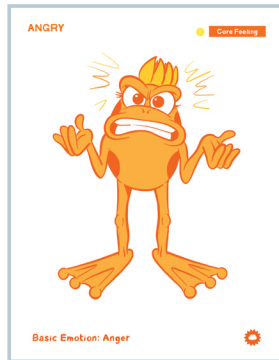


Lesson 1: Six Core Feelings



LEADER'S NOTE:

There are a couple ways to model human emotions and they differ on which ones to consider primary. The one we use is concrete, it is based on facial expressions. In the 1970's, Dr. Paul Ekman identified 6 facial expressions to be universal across cultures and societies: Angry, Sad, Happy, Surprised, Disgusted, and Scared.

By starting with naturally occurring physical responses we are able to create a coherent program that uses breathwork for self-regulation.

See page 117 for more information on breathwork.

Note: Discussion of these as "universal" expressions has the potential for othering neurodivergent students. Please take care to include these students and normalize their differences. Without, of course, shining a spotlight on them. Tactful interventions are ideal.

Where most students will accurately interpret and respond to facial expressions intuitively, students on the autism spectrum may not. They can find it difficult to accurately read others' facial expressions. They also may have unique facial expressions that are similarly difficult to interpret by their peers. Either case creates many opportunities for misunderstanding and miscommunication that call for empathy and accommodation.



Lesson 1: Six Core Feelings

Ready:

Students will discuss the Six Core Feelings, what they look like, sound like, and how they feel physically.

Set:

- Six Core Specific Feeling Cards **Happy, Sad, Angry, Scared, Surprised, and Disgusted** from the Specific Feelings 50-Card Set
- Matrix of Emotion Poster

Note: Physical or Digital versions - see page 31 for Digital Materials access

GO:

Part 1 — Overview

Explain to students that we have many feelings and sometimes those feelings are hard to put into words. Today we are going to talk about the 6 core feelings we all experience.

Happy, Sad, Angry, Scared, Surprised, and Disgusted

- 1: Everybody has all of these feelings sometimes.
- 2: You are allowed to feel ALL of your feelings. It is normal to feel sad or angry sometimes.
- 3: How you act is a choice. It's okay to feel angry, but it's not okay to be mean when you are.
- 4: You are smart enough and strong enough to make good choices no matter what you feel.
- 5: Emotions are like weather. They will come, and they will go.

Part 2 — Discussion

Ask students to quietly recall a time when they felt happy. Call on students to describe the experience.

Happy

Looks like: Smiles

Sounds like: Laughter, "Yay!" "Wow!"

Body Feels like: Warm, fuzzy

Acts like: Dancing

Some "acts like" answers may need to be challenged with questions like:

"Is that helpful?"

"How do you feel when others act that way?"

or "What do you think would happen next?"

This is also an excellent opportunity to use Kelso's Character words: Respectful, Responsible, Caring, Fair and Honest — **RRCFH**.

Example:

"Even if you are angry, it's important to be respectful."

"That's not a fair thing to say."

"Even if you are scared, honesty is still best."

Repeat this process for the remaining 5 feelings.

Sad, Angry, Scared, Surprised, and Disgusted

FINISH LINE:

- Students recognize that everyone feels these same feelings.
- Students understand that all of their feelings are okay and that they aren't good or bad.
- Students understand that it is not okay to be mean, disrespectful, unfair, or dishonest because you feel sad, or mad, or bad.