

Aspects of emotional competence covered: Emotional awareness, self-regulation of emotions
Educational level: Primary Education, Secondary Education, Tertiary Education

SOURCE: Slobodanka Badarovska

DURATION: 70 min.

ACTIVITY/TUTORIAL: Exploring Feelings in songs -What can I do when I'm happy?

Introduction:

All the students from the third grade, class G are involved in the activity. The teacher initiates brainstorming activity referring to WHAT IS HAPPINESS. Each of the students tells a word associated to happiness.

CURRICULIM OBJECTIVES:

The goal of the activity:

The aim of this activity is to enable students to express freely emotions reflecting on happiness as well as helping them comprehend the idea of happiness. Children recognize happiness as a feeling each of us possesses, but also note that we are not always aware of it.

PREPARATION:

Children are introduced into the activity with a short explanation from the teacher. The teacher explains how important having a feeling of happiness is and how it affects people's lives. A person might be considered happy if living a life full of content and being released of worries.

Materials needed:

- Copies of the song 'If you're happy' in Macedonian and English
- Drawing block sheets, water colors, colored pencils

Keywords vocabulary: Emotions, dealing with emotions

LESSON AT A GLANCE:

1. Introduction: Discussion on happiness as a feeling/ emotion

2.Strategy/Skills:

Students sing the song 'If you're happy' in Macedonian and English, the first verse (5 min.)

Each student draws the idea of happiness (40 min.)

Students express their feelings of happiness and joy by performing cartwheels in the gym. (15 min)

3.Conclusion: We are responsible for creating happiness ourselves

4. Home: Students should create an acrostic poem about happiness.

Procedure:

The lesson duration is 70 minutes and its content integrates several school subjects: mother language and English as a foreign language as well as Art and Physical Education.

Steps:

Step 1: Singing the song 'If you're happy' in Macedonian and English

Step 2: Drawing and painting Happiness

Step 3: Cartwheel exercises- a way of expressing happiness

Step 4: Conclusion: We are responsible for creating happiness ourselves

EXTRA:

Extension/ Reflection

Reflection: This integrated learning helps students become aware of the feeling of happiness and acknowledge its benefits on human wellbeing.

Tips for parents/ teachers/ students: Students should remember that being happy means being healthy, spending time with your parents, doing the job you're interested in, helping others in need as well as respecting and caring for others.

Photocopiable sample/ Report Sample: Students art works and videos clip

Homework: Students should create an acrostic poem about happiness.