Lesson about emotions:

**You are the sunshine because ...**

Library club (students 11 – 14 years)

**Students will:**

Develop the ability to find the positive qualities of classmates.

Develop the ability to recognize and express one's own feelings or emotions.

Get permission for a wide range of feelings.

Build a vocabulary to name your feelings.

**Keywords:**

Feelings, emotions, emotional, expressing, communicating, managing, identifying, naming

**Materials needed:**

cut out paper circles (for each student one)

cut paper strips (sun rays)

crayons

glue

**Introductory motivation**

A conversation about how we feel, how we know how to find positive character traits in ourselves and our classmates, how positive or negative criticism affects us.

**The main part**

Students first write their name on their circle. Then they pass the circle forward and the classmate puts a ray on it, on which he/she writes a positive affirmation, praises the classmate, tells him/her which emotion prevails in him/her. The task is completed, when everybody comments on every sunshine.



**Conclusion:**

Each student reads what is written in his sunshine and comments on what is written.

**Analysis:**

The learning unit is basically very simple, but an adequate properly guided conversation is needed so that students are tolerant, honest and, above all, positive at work.