



Oskar's Not-So-Simple Comeback Identifying Emotions: Booklet

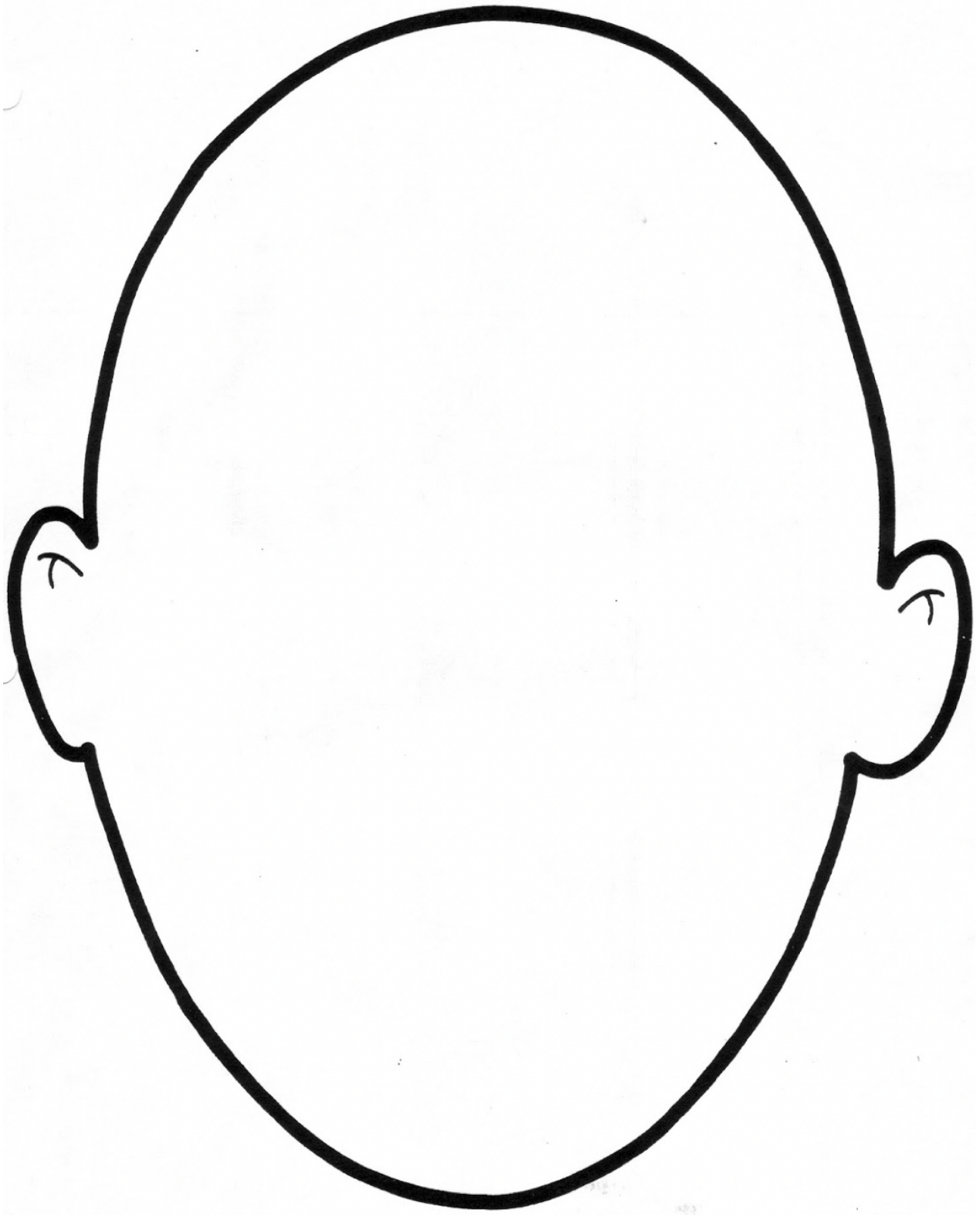
Students will be able to identify different emotions that they experience through visual changes in the body, particularly the face.

Emotions: *a conscious mental reaction (such as anger or fear) subjectively experienced as strong feeling usually directed toward a specific object and typically accompanied by physiological and behavioral changes in the body*

1. Discuss the emotions Oskar dealt with in the show, Oskar's Not-So-Simple Comeback. Add additional emotions that the students feel in their lives not addressed in the show. List them on the board.
2. Next, hand out mirrors to the students and ask them to act out an emotion from your list, while they look at their face in the mirror. Have them then draw that face in their emotion book and complete the sentence "This is how I look when I feel the emotion they are studying."
3. Prompt students to look at how their eyes change, their eyebrows change, and their mouth changes to add detail to their picture.
4. Repeat with all the emotions you brainstormed together.
5. After it is completed, have them read their book out loud.
6. Follow up with some questions – how do you know someone is feeling angry? What changes in their face?
7. Further extension – what can we do when we feel these emotions? What did Oskar do when he was scared – what made him feel better?

My Emotion Book

Name _____



This is what I look like when I feel _____