

## ◆ Emotions are connected

### ACTIVITY 3: CREATE A GARDEN OF FEELING FLOWERS



[click on the image to view the video instruction](#)

#### Activity Objectives

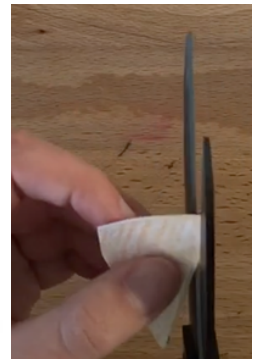
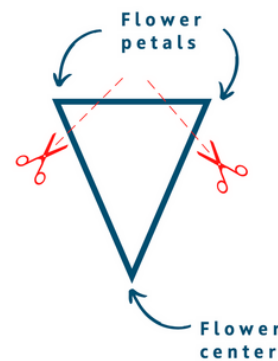
- Create a garden of flowers while associating color, pattern, size, words, etc. to emotions experienced
- Express and use emotion words to describe how our experiences make us feel

#### Introduction

- Begin by saying, "Now we are going to be doing an activity called 'feeling flowers,' for each petal you will imagine a scenario that makes you feel a very strong emotion, this could be happy, sad, angry, surprised, up to you! You will then write down the emotion or draw the scenario with colors that represent that emotion on each petal. After, you will cut the petals, and construct your beautiful flower!"

#### Lesson

- The number of circles handed out to students will vary depending on the time allocated for the activity.
- Have students think about a scenario for each petal and write down or draw the corresponding emotion (e.g., happy, sad, angry, etc.) using colors that represent that emotion and/or scenario.
- While students are coloring, facilitate discussion by sharing your scenarios and corresponding emotions/drawings and by asking students questions about theirs as well. If petals are not already cut, have students cut out the petals
  - Cut the petals by folding the circles in half, and then in quarter, and then in one-eighth.
  - Students may need help to avoid cutting a hole in the center of the flower.
- End by having students construct their flowers.
  - Say, "Ok now we'll glue our 'flowers' on the paper and will draw the stems and leaves."



#### Transition

Say, "Connecting colors and weather to our emotions makes me think of something in the sky that has every color and only comes out after the rain. Do you know what I am thinking about?" Wait for students to answer and then say the answer if they don't get it. "A rainbow! Rainbows make me happy and can also make me calm. Our next activity will use the different colors of the rainbow to help us all feel calm."