

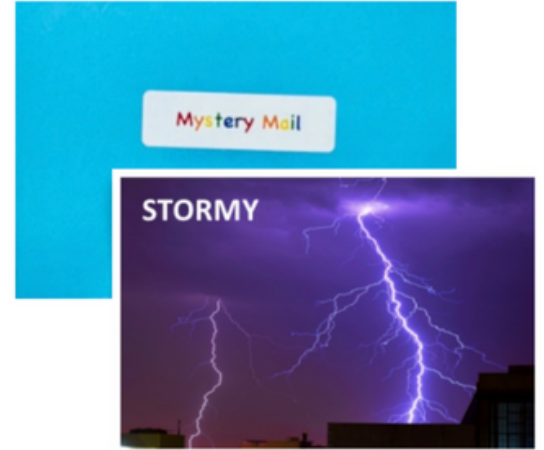
ACTIVITY 2: MYSTERY MAIL

Activity Objectives

- Recognize that our emotions are affected by our experiences such as the weather
- Label and discuss common emotions that are elicited by the weather
- Learn that not everyone will feel the same way when experiencing certain weather

Introduction

- Use an attention-getter such as "Alright friends, if you can hear me, put your hands on your head! If you can hear me, put your hands on your ears! If you can hear me, put your hands on your lap".
- Begin the activity by relating it to the last activity. Say, "Now that we have learned how our emotions can be connected to different colors, we are going to learn about how weather can affect our emotions as well. For example, rainy weather can make some of us feel happy while others may not like it so much and that is okay!"



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Lesson

- Get out the mystery mail cards with excitement and anticipation to get the students curious.
- Say, "For today's mystery mail, I will be handing out images of different weather. Each of us will present the weather we received and explain how we feel in that weather. I will go first."
 - Example: "I got sunny weather! When it is sunny, I feel happy because it is nice and bright outside. Does anybody else feel happy when it is sunny? Does somebody feel different? It is okay if someone feels different than I do."
- Then say, "Who wants to open their mystery mail next?" Go around, one student at a time. Allow students to practice waiting patiently for their turn and giving their full attention to one student.
- After the student opens their mystery mail, ask what they got and how they feel in this specific weather and why.
 - Facilitate discussion by asking if others feel the same or differently. Again, it is important to validate all emotions that each student feels.
- Once all students have had their turn say, "Thank you all for sharing how you display the different emotions on your face. The mystery mail is yours to keep! I hope you tell your loved ones all about facial expressions and find out how they show the different emotions."

Transition

Say, "Now that we've learned about how the weather can be connected to our emotions as well as the colors, let's combine the two with an art activity."