

Emotion Poems Lesson Plans

(Upper Primary)

- First, take an emotion to explore together with the class and use as an example for this activity. *Let's think about Love.* Ask the students what they think of when they think of love. It is likely that students may initially think of simple images like hearts and kisses. Tell the students that we are going to explore the emotion in more depth than this.
- Ask the students to close their eyes and think of love: *What does love look like? What colour is it? Who or what is it? Is it big or small?* Ask them to open their eyes and give them an example of your own first. E.g. *When I think of love, I see the house where I grew up, for me this represents love.* Now ask the students what they see and write some examples on the board. (Remember, there is no right or wrong answer for this activity, but we want to encourage the students to think about the emotions in a more abstract way).
- Ask the students to close their eyes again and think of love. *What does love smell like?* Again give some examples (e.g. hot chocolate, sweet perfume) and write examples on the board.
- Repeat for: *What does love taste / feel / sound like?*
- Now students can choose a new emotion and take time to think of the five questions for it. After the students have been given thinking time they can complete the worksheet and illustrate it too if they wish.
- Finally, ask each student / in groups to present their poems to the rest of the class. Explore the comparisons and differences between the ideas. We all think of these emotions in different ways, but we can understand each other!

Love

Love looks like _____

Love smells like _____

Love tastes like _____

Love feels like _____

Love sounds like _____

My name is _____.

I am _____ years old.

Anger

Anger looks like _____

Anger smells like _____

Anger tastes like _____

Anger feels like _____

Anger sounds like _____

My name is _____.

I am _____ years old.

Stress

Stress looks like _____

Stress smells like _____

Stress tastes like _____

Stress feels like _____

Stress sounds like _____

My name is _____.

I am _____ years old.

Serenity

Serenity looks like _____

Serenity smells like _____

Serenity tastes like _____

Serenity feels like _____

Serenity sounds like _____

My name is _____.

I am _____ years old.

Happiness

Happiness looks like _____

Happiness smells like _____

Happiness tastes like _____

Happiness feels like _____

Happiness sounds like _____

My name is _____.

I am _____ years old.

Sadness

Sadness looks like _____

Sadness smells like _____

Sadness tastes like _____

Sadness feels like _____

Sadness sounds like _____

My name is _____.

I am _____ years old.

Compassion

Compassion looks like _____

Compassion smells like _____

Compassion tastes like _____

Compassion feels like _____

Compassion sounds like _____

My name is _____.

I am _____ years old.

Shyness

Shyness looks like _____

Shyness smells like _____

Shyness tastes like _____

Shyness feels like _____

Shyness sounds like _____

My name is _____.

I am _____ years old.

Fear

Fear looks like _____

Fear smells like _____

Fear tastes like _____

Fear feels like _____

Fear sounds like _____

My name is _____.

I am _____ years old.

Boredom

Boredom looks like _____

Boredom smells like _____

Boredom tastes like _____

Boredom feels like _____

Boredom sounds like _____

My name is _____.

I am _____ years old.

Excitement

Excitement looks like _____

Excitement smells like _____

Excitement tastes like _____

Excitement feels like _____

Excitement sounds like _____

My name is _____.

I am _____ years old.

Enthusiasm

Enthusiasm looks like _____

Enthusiasm smells like _____

Enthusiasm tastes like _____

Enthusiasm feels like _____

Enthusiasm sounds like _____

My name is _____.

I am _____ years old.

Frustration

Frustration looks like _____

Frustration smells like _____

Frustration tastes like _____

Frustration feels like _____

Frustration sounds like _____

My name is _____.

I am _____ years old.

Pride

Pride looks like _____

Pride smells like _____

Pride tastes like _____

Pride feels like _____

Pride sounds like _____

My name is _____.

I am _____ years old.