

Here is a list of basic emotions. You can use it for the lesson plans that follow.

The dictionary defines emotion as an aspect of a person's mental state of being, or any strong feeling. The word emotion is a composite formed from two Latin words **ex**/out, outward + **motio**/movement, action, gesture and comes from *ēmove*re, meaning to move out, stir up or excite.

The basic eight emotions are:

- fear (terror, shock, phobia)
- anger (rage)
- sorrow (or sadness, or grief or depression)
- joy (happiness, glee, gladness).
- disgust
- acceptance
- anticipation
- surprise

Here is an alphabetical listing of some emotions

Acceptance, Amusement, Anger, Anticipation, Apprehension, Awe, Boredom, Calmness, Comfort, Contentment, Confidence, Cool, Courage, Depression, Disappointment, Disgust, Desire, Elation, Embarrassment, Envy, Fear, Friendship, Frustration, Gratitude, Grief, Guilt, Glee, Gladness, Hate, Happiness, Honor, Hope, Humility, Joy, Jealousy, Kindness, Love, Lust, Modesty, Nervousness, Negativity, Pain, Patience, Peace, Phobia, Pity, Pride, Rage, Remorse, Repentance, Sadness, Shame, Shyness, Sorrow, Shock, Suffering, Surprise, Terror, Unhappiness, Vulnerability, Wonderment, Worry.

Intensity of emotions

Emotions could be arranged according to intensity. In each pair below, for example, the former emotion is less intense than the latter.

- sympathy and love
- disgust and hate
- anger and rage
- sadness and despair
- fear and paranoia
- happiness and elation

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Finding Synonyms

Dividing students into small groups and provide a dictionary, blank papers and colored crayons or pens. Let them try to find synonyms of words such as happy, sad, angry, and love. Making a chart and present them in a class.

My Own Soundtrack

Create a soundtrack for your own. Choose five songs that either mirror your moods and activities or to help your moods. Write short descriptions for each song why and how it effects your mood and then present to the class.



Ex. Wake up music, traveling music, relaxing music.

My Many Colored Days

Read *My Many colored Days* by Dr. Seuss. Use as a tool for discussion of different emotions. Questions how they were portrayed in book. Present poster with colors and ask students to name an emotion for each color. Fill in poster with emotion students decide on.

Explain how emotions can also be found in music. Listen to short examples of concert repertoires. Have students call out emotions and colors as felt. Discuss, relating emotions to colors. Divide students into small groups of 2-3. Listen repertoires again and draw pictures using any available supplies (colored pencils, crayons, markers, colored chalk, and multi-colored paper). Each group chooses a favorite picture and explains it to the class.

From www.lessonplanspage.com

Writing a Short Story

Have students work in pairs or small groups and provide the students with the beginning of a story. For instance: "The carriage began to sway in the high winds and rain, and with a violent crack of lightning, the horses cried out and the rickety carriage was flung onto its side and slid down the muddy embankment. Ten year old Charlie was tossed into the darkness and found himself tangled in the branches of the giant oak that had just fallen...." The more aggressive and dark your story begins, the better for this exercise.

Next, divide the class and play a relaxing piece of classical music for half of the groups, and a darker more sinister piece of music for the remaining groups. Ask all of the students to finish the short story with their own words. When finished, have the groups read each of the stories, and then discuss the turns the plot takes. Focus on the music to see whether or not students were influenced by "happy" or "angry" pieces.

From www.teachnet.com



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