



## NOTE TO SELF

Consider the ways in which you can teach students about emotions, specifically how to name the emotions that they experience. Some ideas are included below that you might adapt or adopt. These are all from our colleagues who offered some ideas. They may or may not all work for you. Take note of ideas you have for this aspect of teaching.

ADVICE FROM A COLLEAGUE	MY ADOPTION OR ADAPTATION PLAN
Create a place in the classroom where emotions are posted and have students identify which emotions they are experiencing.	
Notice the emotions of characters in books as you are reading. Label the emotions and talk about the way that you knew that the character was experiencing that emotion.	
Host class check-ins using the questions from Brackett and Frank (2017) inviting students to describe what they are feeling.	
Provide each student with an emotion wheel to keep at their desk so that they can refer to it when their state changes.	
Play emotional charades. Have students write down emotions on slips of paper and draw one at a time with a volunteer student acting it out while the class attempts to name it.	

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ADVICE FROM A COLLEAGUE	MY ADOPTION OR ADAPTATION PLAN
Create writing prompts and journal entries in which students describe a situation and their emotional response.	
Additional ideas from colleagues:	
Recommendations for my colleagues:	