Health Lesson

Emotions

In health we are going to be learning about our emotions and our zones of regulation. Watch the video about feelings from the movie Inside Out.

After you watch the video make a sheet with your emotions.

1. Fold a paper in half hotdog style and then hamburger style.
2. Open up your paper and see the 4 boxes.
3. Write happy, sad, angry, and scared in each box.
4. Draw a picture of yourself feeling each emotion.

Example:

