

Teacher-Guided Lesson for Emotion Posters

Using the Purpose of Emotions, Range of Emotions and the Emotions Feels Like, Looks Like posters, invite your students to make a mock social media post in the theme of one of the eight basic emotions.

Prompt creativity and discussion by asking students to think about the intention of their post.

- Do they want others experiencing a specific emotion to feel seen and understood? Encouraged and validated?
- How does their post display digital responsibility?

Encourage students to use the space below to create an image or symbol that is representative of the emotions posters.

- For example, what image or symbol could represent sadness? Anticipation? Fear? Joy?
- How could students use the Feels Like, Looks Like poster to create their image or symbol?

Invite students to use the caption lines to reinforce the intention of the post by incorporating Fly Five vocabulary from previous lessons.

- For example, a caption for a symbol or image that represents fear could be something like, "Release the **internal conflict** that holds you back. Hold yourself **accountable** for your own **well-being**."



Post with Purpose

Building Positive Social Media Posts

Directions: Create a social media post with one of the eight basic emotions being the focus. Before drawing and writing, consider how your post will impact others.

- Will it help encourage and validate people who are feeling similarly?
- How does your post display digital responsibility?
- What about this post uniquely reflects you?

Name: _____

Date: _____



Caption: _____
