

# The Purpose of Emotions

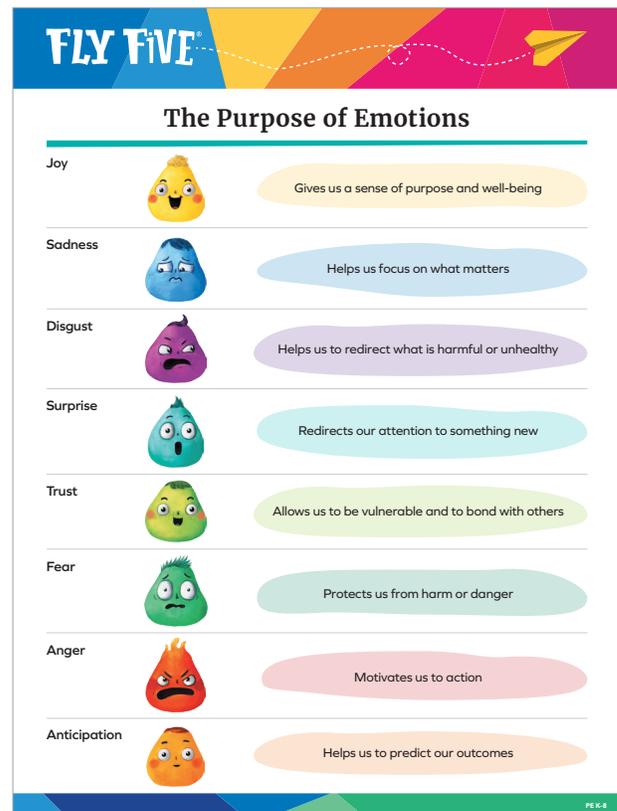
**Hook:** Each emotion has a purpose. Let's think about a scenario. What if you were being chased by a lion. How would you feel (scared)? Now, what could the purpose of that emotion be? (to help you get away from danger). Each emotion has a purpose, a reason for being there, even the unpleasant emotions.

**Teach and Model:** Today, we will learn about the purpose of the different emotions. We will use the "Purpose of Emotions" poster to help us identify the purpose for each emotion. (Take a look at the poster together and point out some of the emotions).

**Student Practice:** Now, we will create our own images to match the purpose of emotions. You will each be given a different emotion. Your task is to create a picture that demonstrates one of the reasons for that emotion. You can add speech bubbles and captions to add to your illustration. Then, we will share and put the images up for others to see.

**Reflection:** Take time to share out!

1. What did you learn about the purpose of certain emotions?
2. How does your illustration show the purpose of your emotion?
3. Which emotions are most pleasant? Which are unpleasant?
4. What does the emotion you chose look like? Feel like?



Name: \_\_\_\_\_

Grades K-8

# Every Emotion Has a Purpose

**Directions:** You will each be given a different emotion. Your task is to create a picture that demonstrates one of the reasons for that emotion! You can add speech bubbles and captions to add to your illustration. Then, we will share and put the images up for others to see.

