

OSKAR AND THE BIG BULLY BATTLE!
A MILE IN MY SHOES

Grade Levels: K-2, with adjustment 3-5

Expression: a look, movement, or way of speaking that shows what a person is feeling

OBJECTIVES

- Students will learn to understand the emotional state of others by observing facial expressions, tone and pitch of voice, and physical gestures.

PROCEDURE

1. Have students stand in a circle with you in the middle. Tell them that they are now going to play a game in which they guess your emotion. For each emotion that a student guesses correctly, they will get one letter of the word SHOES.
2. Select a student to begin the game. You may do so by pointing directly in front of you and spinning around a few times. When you stop, walk up to the student to whom you are pointing and ask, "How are you?".
3. Once the student responds, ask, "Can you guess how I'm feeling?"
4. Act out an emotion. You may use words but only to show tone and pitch. Avoid explaining the emotion being felt. For example if the emotion is worried, don't say, "I'm very nervous about my grandmother being sick." Say in a quivering, quiet voice, "I don't know what to do."
5. If the student guesses the correct emotion, he or she gets one letter of the word SHOES. If the student makes an incorrect guess, select a new student to answer.
6. Students should keep track of the letters they earn. Playing is continued until time is up or until someone gets all the letters of SHOES. Once students understand how to play the game, they may take turns being in the middle of the circle.
7. Once the game is finished, discuss with students what they looked for when guessing emotions. Walk them through the three different types of expressions—facial expressions, vocal expressions, and physical expressions—giving them examples of each from the game.
8. Conclude with a discussion of why it is important to recognize how others feel and what it means to step into someone's shoes.