


## Family Life and Comprehensive Sexual Health Education (K-1) Lesson Plan

	Topic: Expressing Uncomfortable Feelings	Date:
Objectives	<ol style="list-style-type: none"> <li>1. Students will identify uncomfortable feelings.</li> <li>2. Students will use I-messages to express uncomfortable feelings.</li> </ol>	
State Standards	<ul style="list-style-type: none"> <li>• Physical Development and Health                         <ul style="list-style-type: none"> <li>○ Goal 24: Promote and enhance health and well-being through the use of effective communication and decision-making skills.</li> </ul> </li> </ul>	
Content	Interpersonal Communication – Uncomfortable feelings	
Time	Two 20-minute sessions	
Materials	Cut out magazine pictures of people who appear to be expressing different uncomfortable feelings (Optional: mount them individually on cardboard).	
Learning Activities	<ol style="list-style-type: none"> <li>1. Brainstorm uncomfortable feelings.                         <ol style="list-style-type: none"> <li>a. Ask students to brainstorm uncomfortable feelings—feelings they don’t like to have.</li> </ol> </li> <li>2. Discuss ways to express uncomfortable feelings using I-statements.                         <ol style="list-style-type: none"> <li>a. Tell a story or read a book where the main character models using I-statements.                                 <p><b>Points to highlight:</b></p> <ul style="list-style-type: none"> <li>• <i>I-messages are a good way to let people know how you are feeling</i></li> <li>• <i>I-messages can be used to express positive things or to express uncomfortable feelings.</i></li> </ul> </li> <li>b. Have students to think of ways to use I-messages to talk about uncomfortable feelings (i.e. “I feel sad when my friend cannot play.”)</li> </ol> </li> <li>3. Students identify sources for help with feelings.                         <ol style="list-style-type: none"> <li>a. Review the situations in step 2 and ask students to suggest sources for help (such as a trusted adult) to express uncomfortable feelings. Help students understand that sometimes we can make uncomfortable feelings go away by ourselves by talking about them. Other times we need extra help.</li> </ol> </li> <li>4. Students practice I-messages                         <ol style="list-style-type: none"> <li>a. Place the magazine pictures of people face-down. One at a time, have students select a picture, show it to the rest of the group, and suggest an I-message the person in the picture could use to express the feeling.</li> </ol> </li> <li>5. Reflect, summarize and discuss.                         <ol style="list-style-type: none"> <li>a. Discuss how it feels to use I-messages to express feelings.</li> </ol> </li> </ol>	