

## Let's Talk About Feeling Sad (by Joy Berry)

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### Lesson Plan

**Level of Students:** Primary 3-4

**Vocabulary:** words related to feelings and emotions (*sad, unhappy, happy, excited, bored, etc.*)

**Grammar:** Subordinate clause 'when-clause'

**Pronunciation:** vowel digraphs 'ea' and 'ee'

**Learning objectives:**

By the end of the lesson, students should be able to:

- Use 'when-clause' to describe the situations that cause different feelings;
- Describe feelings using appropriate adjectives;
- Recognize and pronounce words with 'ea' and 'ee', and distinguish the long vowel /i:/ and the short vowel /I/.

Lesson procedures and estimated duration		
Teaching and learning activities	T/L materials	Duration (minutes)
1. T asks Ss to brainstorm some words about feelings and emotions such as <i>sad, happy, excited, etc.</i> 2. T writes down the words on the board. 3. Ss watch a video about feelings and emotions, and learn the words.	<a href="https://www.youtube.com/watch?v=zEk48QQSPo4">https://www.youtube.com/watch?v=zEk48QQSPo4</a>	10 mins
4. T reads the story 'Let's Talk About Feeling Sad' with Ss. For each page, Ss should look at the pictures first, and try to describe the pictures. 5. T shows Ss Slides 2-7. T asks Ss to find out when Eliza feels sad and finish Activity 1.	Reader  PPT Activity1	30 mins

6. T checks the answers with Ss.		
<p>7. T asks students what they will do when they are sad. T collects some student responses.</p> <p>8. T tells Ss they are going to read about what Eliza will do when she is sad. T reads the story with Ss.</p> <p>9. T shows Ss slides 9-12 and asks Ss to find out what Eliza will do when she is sad.</p> <p>10. Ss draw pictures and write two sentences for Activity 2 about when they feel sad and what they will do when they feel sad.</p> <p>11. Ss share ideas in class. T checks the use of 'when-clause'.</p>	<p>Reader</p> <p>PPT slides</p> <p>Activity 2</p>	30 mins
<p>12. T asks Ss to brainstorm some ideas about other emotions (happy, excited, surprised, etc.) Ss discuss and share ideas. T writes down the sentences on the board for reference.</p> <p>13. T asks students to create their own 'Emotion Book'. Each pair of students has to choose four different emotion words from a list given by T (e.g. <i>scared, happy, bored, shy, surprised, excited, lonely, nervous, angry</i>). They have to write down when they have those feelings and what they will do when they have those feelings.</p> <p>14. Ss finish their own 'Emotion Book'.</p> <p>15. T asks Ss to share their book without showing the emotion words to the class (e.g. When we are alone at home, we feel ...). The whole class should guess the emotion words, and suggest what they should do when they have those feelings</p>	Activity 3	40 mins
<p>Pronunciation</p> <p>16. T draws Ss' attention to the words with vowel digraphs 'ee' and 'ea' from the reader (e.g. <i>feel, leave, reach, need</i>), and highlights the long sound /i:/, as opposed to the short vowel /I/ (as in <i>live, rich</i>, etc.).</p>	<p><a href="https://www.youtube.com/watch?v=w-6-AqTgQUw&amp;list=PLxIWmiOfdbdvTsV9YLF8D7R">https://www.youtube.com/watch?v=w-6-AqTgQUw&amp;list=PLxIWmiOfdbdvTsV9YLF8D7R</a></p>	20 mins

<p>17. T plays part of a video on the pronunciation of words with 'ea' and 'ee'. Ss follow the video to learn the pronunciation.</p> <p>18. T asks Ss to tell some words they know that have these spellings. T writes the words on the blackboard.</p> <p>19. Ss do the activity 'Pronunciation Journey' to distinguish between the vowel digraphs 'ee' and 'ea' with the long vowel /i:/ and the short vowel /I/.</p>	<p><a href="#">Q3oOIFCfa8</a></p> <p>Activity 4</p>	
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## Appendix

### Let's Talk About FEELING SAD (by Joy Berry)

Hello, my name is Bonnie.

I live with Eliza.

Sometimes Eliza isn't able to do something she really wants to do.

Eliza feels sad.

“I wish I could go trick-or-treating too.”

“You're too sick to go trick-or-treating.”

Sometimes something Eliza likes very much is lost or ruined.

Eliza feels sad.

“I wish my doll wasn't broken.”

Sometimes Eliza has to leave a place she really likes.

Eliza feels sad.

Sometimes family members or friends leave Eliza.

Eliza feels sad.

When her grandmother died, Eliza felt sad.

When her goldfish died, Eliza felt sad.

When you are sad, you feel very unhappy.  
But you don't have to feel sad forever.  
There are things you can do to make yourself feel better.

“I feel sad.”

When you cannot do something you want to do, find something else to do.  
Then, concentrate on what you are doing instead of thinking about what you cannot do.

“This is almost as fun as trick-or-treating!”

When something you like is lost or ruined, be thankful for the other things you have.  
Then, use and enjoy these things.

“At least these toys aren't broken. I can play with them.”

When you have to leave a place you really like, talk with others about that place until you feel better.  
Then, find good things about the place you are in and enjoy these things.

“Preschool is fun, but being home with you is fun too.”

When people you love leave you, find out where they are going and how you can reach them while they are gone.  
Only contact them if it is absolutely necessary.  
Then, keep yourself busy until the people you love return.

“I miss Mommy and Daddy, but it's fun having you baby-sit.”

When a loved one or pet dies, cry as much as you need to.  
Then, talk with others about the person or pet until you feel better.  
It is also good to do something in honor of the person or pet who has died. You might want to do something like draw a picture, write a story, or make a scrapbook.

“This scrapbook will help you remember those good times.”

“It makes me feel better to remember all the good times I had with Grandma.”

Try not to hide your sadness. Don't pretend you aren't sad.

“I used to play this with Grandma. It's making me sad.”

“But I don't want to cry because Tommy will think I'm dumb.”

Talk to someone when you feel sad.

Talk as often and for as long as it takes to feel better.

“I know how you feel, Eliza. I felt so sad when aunt died.”

Avoid doing things that make you feel sad. Try to think happy thoughts.

And, try to do things that make you happy.

“You're too little to play with us!”

“I'm going to call Tommy and see if he can play with me.”

Remember that everyone feels sad sometimes. Feeling sad is okay.

Just be sure to do things that will make you feel better when you feel sad.