

Lesson Plan

AR LESSON PLAN

My Emotions

Learning Area	Health and Physical Education	Kit	AR/VR Education Kit
Year Level	Foundation/Reception/Prep	Duration	1x 60 minute lesson

Introduction/Description

As students navigate their way through school and life, they will encounter a wide range of emotions. From happiness and excitement to anger and frustration, emotions can have a powerful impact on our thoughts, behaviours, and relationships with others. By recognizing their feelings, students can begin to understand the causes and triggers of their emotions and develop strategies for managing them.

Learning Intentions

In this lesson, students will explore the importance of emotional identification and how it can help students better understand themselves and others.

Task Summary

Through viewing an Emotions Merge Cube in AR, students will learn how to identify, explore, and express their emotions in healthy ways, and develop strategies for managing difficult emotions.

Preparation

Students are expected to:

- Be familiar with using Merge Cubes to view AR content in CoSpaces.

Teachers should make sure that:

- All hardware has been charged and sanitised.
- Student Devices have the most recent updated version of *CoSpaces* installed.
- Slide Deck has been checked and the teacher has accessibility.
- Students have been divided into pairs or groups and names are written on Slide 7.

Suggested Rotation Format:

	Charades	Collage	Puppets	Merge Cube
Rotation 1	Group 1	Group 2	Group 3	Group 4
Rotation 2	Group 4	Group 1	Group 2	Group 3
Rotation 3	Group 3	Group 4	Group 1	Group 2
Rotation 4	Group 2	Group 3	Group 4	Group 1

Please note: number of activities is a suggestion, teachers may choose to leave one activity out depending on student capabilities.

Resources





Hardware

- Mobile Devices
- Merge Cubes


AR Experiences

- [My Emotions Merge Cube \(CoSpaces\)](#)

Tasks/Presentations

-  My Emotions Teaching Deck
-  Emotion Cards
-  Emotion Collage Template
-  Emotion Scenarios

Videos

-  Inside Out: Guessing the feelings.

3 minutes

Watch clips from the Disney Pixar film, 'Inside Out', and guess how the main character is feeling (happy, sad, angry, disgusted, scared).

Learning Sequence

1

(10 mins)

Introduction

- Watch the video on Slide 2 of the [My Emotions Teaching Deck](#). Pause the video after each emotion ([0:25](#) for happy, [1:05](#) for sad, [1:44](#) for angry, [2:21](#) for disgusted and [2:56](#) for scared) and ask students to decide what emotion the main character was feeling, and think about a time they have felt that emotion themselves.
- Explain to students that during this lesson they will be exploring their emotions through various activities, and spending time in a small group with the teacher or teaching assistant to engage in a game using an emotions Merge Cube.

2

(45 mins)

Development

- Talk through the following activities with students:
 - **Emotion Charades:** students pick out an emotion from a box of [Emotion Cards](#) and act it out to their partner/group.
 - **Emotion Collage:** provide students with old magazines/newspapers and a copy of the [Emotion Collage Template](#). Students create their collage by cutting and pasting images/colours/photos they find that portray each emotion.
 - **Emotions Puppet Show:** set up a play area with puppets and a stage for students to act out different emotions.
 - **My Emotions Merge Cube:** in a small group, view the [My Emotions Merge Cube](#) using the CoSpaces app. Talk through the scenarios from the [Emotion Scenarios](#) document with the group, and ask students to find the emotion that the story made them feel. Ask students to talk about what they do when they feel sad/happy/angry/scared/sick.
- Send students off into groups to complete the activities. Use Slide 7 of the [My Emotions Teaching Deck](#) to show groups and scan the QR code in CoSpaces to open the [My Emotions Merge Cube](#). Work with one small group at a time to view the Merge Cube.
- Rotate through the activities every 10 minutes.

3

(5 mins)

Conclusion

- After packing up, choose two or three students to share their collage/charade/puppet show with the class.
- Use the following questions as prompts for the chosen students:
 - What did you do to show your emotion?
 - Do you enjoy this emotion? Why/why not?
 - Why do you think it's important to learn about your emotions?
- *Alternative conclusion activity:* play 'celebrity heads' using emotions. Choose one student to sit at the front of the class, and stick an emotion card above their head. The class then takes turns giving them clues about

the emotion.

Modifications

Adaptations

- Teachers can choose just one or two of the suggested activities, depending on their cohort of students and their abilities.

Extension Ideas

- Visual Art:* students create an art piece that portrays a chosen emotion, and justify their choices.
- Mathematics:* students keep track of the emotions they feel during the day, and show their data using a picto-graph
- English:* create a vocabulary list for each emotion. Write simple sentences about each emotion.

Curriculum Connections

Australian Curriculum	NSW Curriculum	VIC Curriculum
<p>Version 9 Foundation Health and Physical Education</p> <p><u>Personal, social and community health:</u> <u>Interacting with others</u></p> <p><i>Students express and describe emotions they experience (AC9HPFP03)</i></p>	<p>Early Stage 1 - Health and Physical Education</p> <p>practises self-management skills in familiar and unfamiliar scenarios PDe-9</p> <p>uses interpersonal skills to effectively interact with others PDe-10</p>	<p>Foundation Health and Physical Education</p> <p><u>Personal, social and community health:</u> <u>Communicating and interacting for health and Wellbeing</u></p> <p><i>Identify and describe emotional responses people may experience in different situations (VCHPEP061)</i></p>

Cross-Curriculum Priorities

- ☒ Aboriginal and Torres Strait Islander Histories and Cultures
- ☒ Asia and Australia's Engagement with Asia
- ☒ Sustainability

Capabilities

- ☒ Literacy
- ✓ Digital Literacy
- ☒ Critical and Creative Thinking
- ✓ Personal & Social Capability
- ☒ Ethical Understanding
- ☒ Intercultural Understanding