

# EMOTION MELON ACTIVITY GUIDE

## Teacher Guide

### OVERVIEW

In this activity students will identify core emotions and the feelings that can come with those emotions. This will help them develop emotional intelligence and improve their ability to communicate their own emotions effectively. Emotions are a natural part of being human and can affect our thoughts, behaviors, and relationships. By understanding and recognizing core emotions such as happiness, sadness, anger, fear, disgust, and surprise, students can better manage their own emotions and empathize with others. Students will learn how to express their feelings in a healthy and constructive way, leading to stronger connections with those around them. Developing emotional intelligence is a crucial life skill that can contribute to success in both personal and professional relationships.

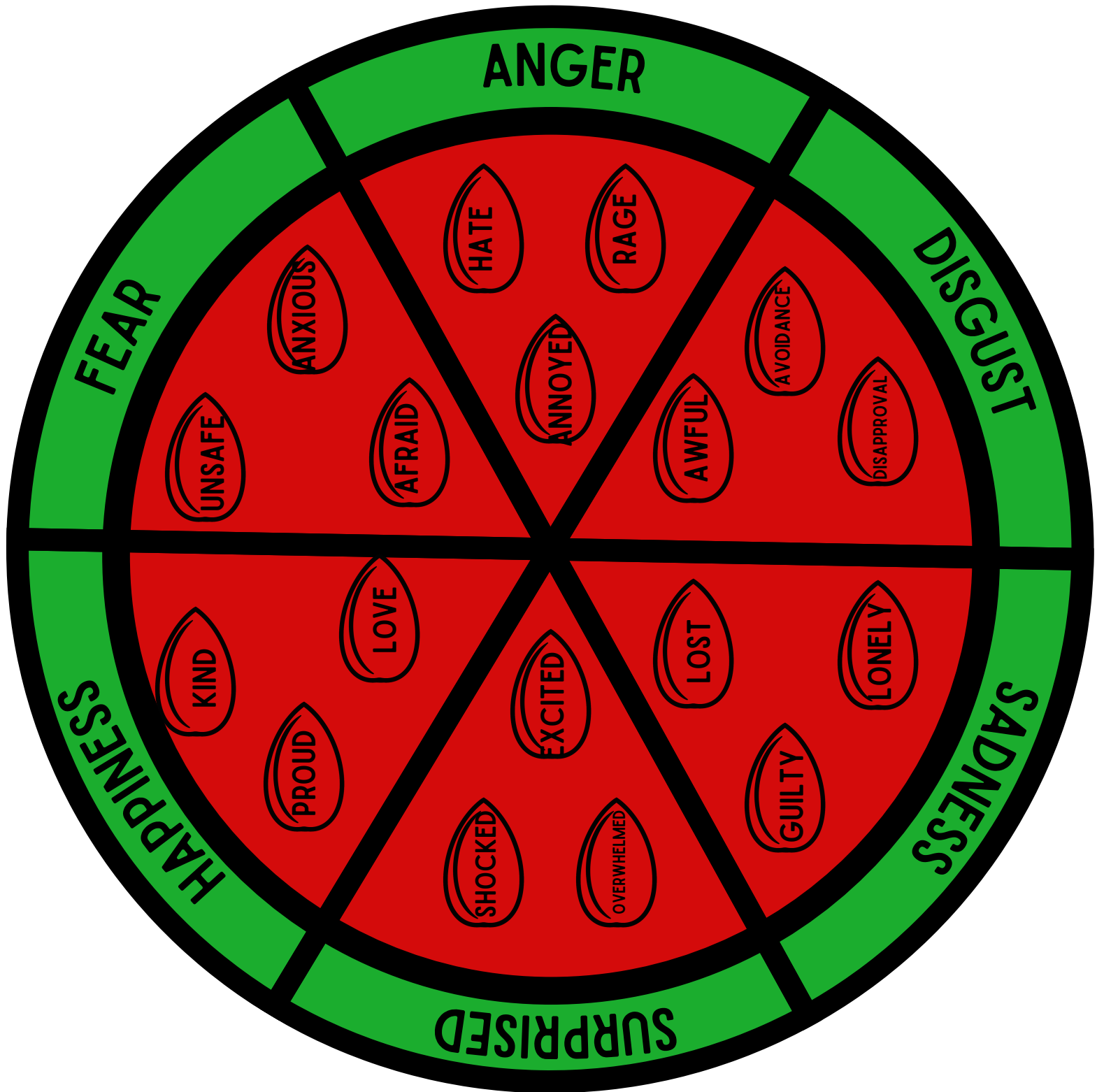
### INSTRUCTIONS

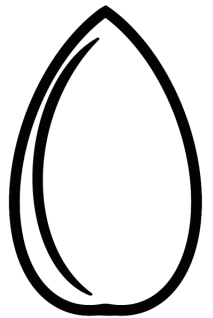
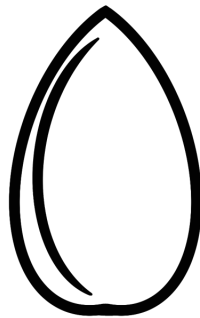
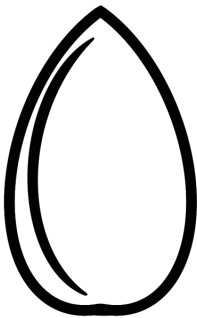
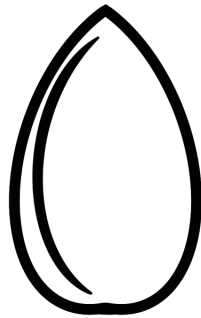
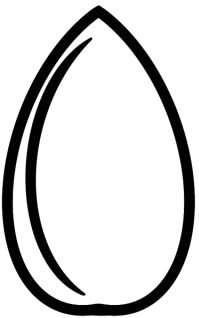
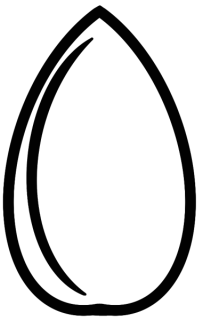
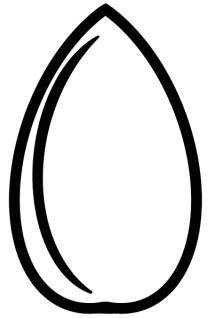
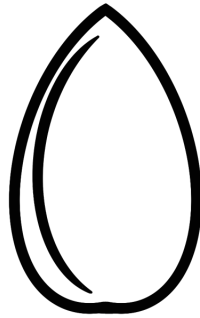
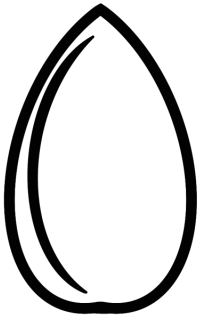
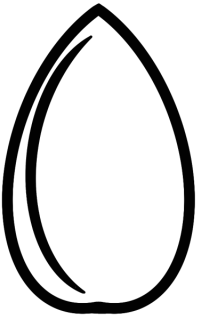
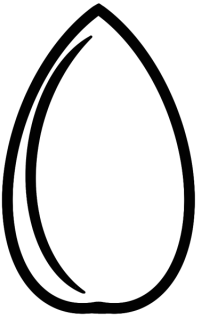
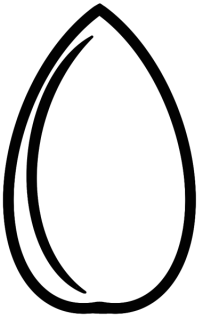
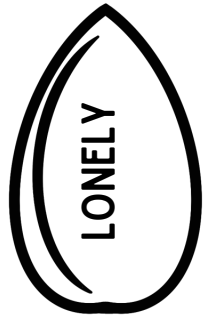
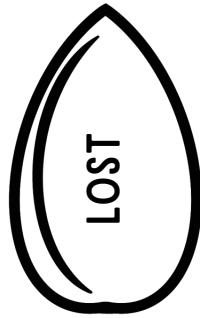
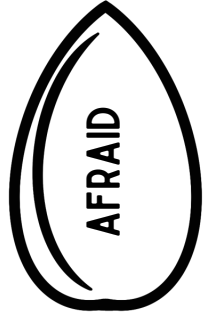
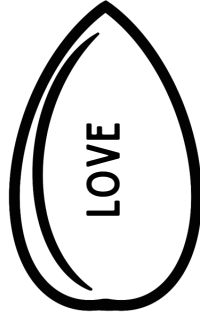
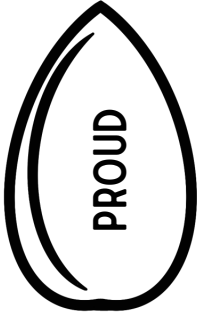
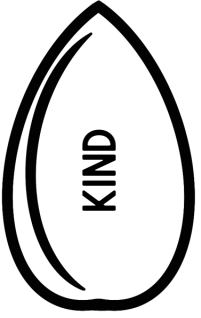
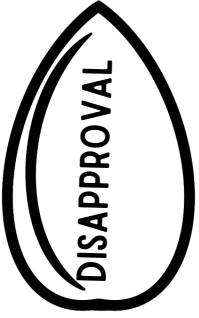
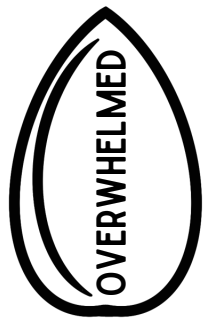
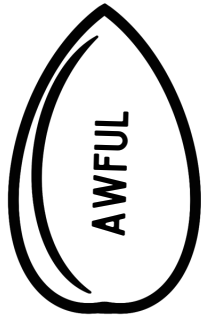
**This activity should be completed after reading “Melon Mike & His Not So Fun Feelings.”**

- Invite students to color watermelon flesh, rind, and watermelon seeds (leave words visible).
- Have students cut out preprinted watermelon seeds and invite students to add extra feelings to the additional seeds provided.
- Once the watermelon seed-shaped feelings are cut out, the class can collaboratively or individually fill out their “emotion melon” by gluing seeds to the respective emotion.

# EMOTION MELON

Teacher Answer Key





# EMOTION MELON

