

Emotion Identification Skills



SCHOOL MENTAL HEALTH-ASSIST
ÉQUIPE D'APPUI POUR LA SANTÉ
MENTALE DANS LES ÉCOLES

GROWING HAPPY FEELINGS

Purpose	A metaphor of caring for a flower is used to illustrate how we need to nurture our happy feelings.
Division	Primary & Junior
Time Required	10 minutes to introduce; 15-20 minutes for craft
Materials	Paper plates and cut-out petals, crayons, glue, other grade-appropriate decorative materials
Instructions	<p>Growing Happy Feelings could be introduced during springtime with younger children as part of a circle, or while learning about planting seeds and helping them grow. It can also be carried throughout the year using different emotions.</p> <ul style="list-style-type: none">• Educators create one or more large flower shapes out of construction paper, or a small paper plate with 5-10 separate petals, in a range of colours.• Introduce the core idea of nurturing happy feelings in ourselves, and in others, to help them grow.• Students are invited to name one thing that helps people grow happy feelings (e.g., when someone is nice to me, my friends, singing, giving presents, playing with my dog).• Educators write each idea on a petal, and the students glue the petals onto the flower.• Students can decorate the flower using grade-appropriate materials. The class flower can be posted as a reminder to look for opportunities to nurture happy feelings in ourselves and others.
Adaptations	Prepare individual flowers and decorate them. Everyone hangs their flower on the wall with their name on it as a reminder about how they can also help their classmates grow happy feelings.

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Evidence	Students' emotional states in the classroom are an important part of their learning. When students associate their learning environment with positive feelings, they are more engaged in learning, as happiness broadens our scope of attention (Huntsinger, 2013), and happy, optimistic moods are associated with creative thinking on knowledge-driven tasks (Fredrickson, 2001).
References	Fredrickson, B. L. (2001). The Role of Positive Emotions in Positive Psychology. <i>American Psychologist</i> , 56(3), 218-226. doi:10.1037/0003-066X.56.3.218 Huntsinger, J. (2013). Does Emotion Directly Tune the Scope of Attention? <i>Current Directions in Psychological Science</i> , 22(4), 265-270. doi:10.1177/0963721413480364 *Source: Bounce Back Initiative (London Region)