



# SUPPORTING MENTAL, EMOTIONAL, AND SOCIAL HEALTH – ELEMENTARY SCHOOL

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Facilitating students' understanding of emotions through activities that involve visual aids and self-expression helps build strong social skills, emotional intelligence, and overall well-being.

## SCAN THE QR CODE TO:



- WATCH THE VIDEO
- DOWNLOAD ADDITIONAL RESOURCES

## GRADE LEVEL:



<https://microlearning.ccee-ca.org>

## KEY STEPS

**1**

### INTRODUCE EMOTIONS AND THEIR IMPORTANCE

- Begin by introducing the concept of emotions and their significance
- Teach young students the three major facial clues - eyes, eyebrows, and mouth - that convey emotions

**2**

### ENGAGE IN INTERACTIVE ACTIVITIES

- Use visual aids to practice reading facial expressions and body language, emphasizing the process of matching these cues to specific emotions
- Help students grasp the idea that others may feel differently in various situations and that facial clues provide insight into these emotions

**3**

### SHARE CALMING STRATEGIES

- Encourage students to share techniques for calming their emotions
- Share through whiteboard or poster drawings, acting, or provide a worksheet for recording personal calming strategies