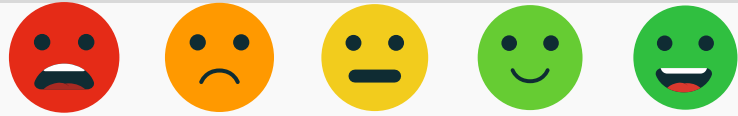


UNDERSTANDING OURSELVES THROUGH ART AND REFLECTION

# EMOTIONS



## OVERVIEW

This unit, aligned with the transdisciplinary theme Who We Are, helps students explore their unique identities through emotions and self-expression. They will examine how feelings shape actions and perceptions, discovering ways to express emotions through art and storytelling. Through hands-on activities and discussions, students will learn that creative expression can serve as a powerful outlet for emotions. This journey fosters self-awareness, empathy, and emotional intelligence, strengthening both individual growth and the learning community.

## KEY INQUIRIES

- Each individual's uniqueness and what shapes personal identity.
- Understanding and identifying emotions.
- Exploring methods of expressing different emotions.
- Using personal creations—such as art or stories—to convey emotions.
- Recognizing how and why feelings can change over time.



## OBJECTIVES

- Identify and understand a range of emotions and their impact on behavior.
- Recognize what makes each person unique and how emotions contribute to personal identity.
- Use different art forms to express emotions in creative ways.
- Develop empathy and emotional intelligence by considering others' feelings and perspectives.
- Demonstrate self-management strategies, such as mindfulness, to regulate emotions.

## CULMINATING ACTIVITIES

- Exhibition Day: The unit will conclude with the creation of stress-relieving objects, such as personalized teddy bears, where students will apply their learning to express their emotions through a comforting, tactile creation. This hands-on activity provides an outlet for self-expression while reinforcing emotional regulation strategies.

## CONCLUSION

This project empowers students to explore and understand their emotions, fostering self-awareness and confidence. By sharing their creations, they contribute to a classroom culture of empathy and support. It promotes learner profile attributes like caring, reflective, and open-minded, while enhancing social and self-management skills. The unit strengthens emotional well-being by encouraging open conversations about feelings and expression.