

8th Grade Social Work Lesson

It should take about **20-30** minutes to complete this lesson

What you will need:

iPad

Directions to Students/Supervising Adult:

1. Look at the poster shown here:



2. Pick 3-4 feelings from this chart (or think of your own).
3. Find a picture or video of someone showing each of the 3-4 feelings you choose. You may take a picture/video of yourself or someone else showing that feeling, use an image from Google Images or use a video clip from Youtube.

4. Using Keynote, create 3-4 slides that have the following on each slide:

- The name of the feeling
- The photo or video (link) of the feeling
- A reason why someone might have that feeling (Example: Someone might be frustrated when taking a difficult test)
- A positive way to manage that feeling (Example: take deep breaths)

Here is how to turn your work in for class credit:

Save your keynote as a PDF and e-mail it to Mrs. Roy at broy@d56.org.