



Adopt A Classroom.org
Teacher Leader

Showing Feelings With Words



by

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SOCIAL-EMOTIONAL WELLNESS ACTIVITY

SHOWING FEELINGS WITH WORDS

Description: This activity promotes emotional literacy, empathy, and self-awareness through creative narrative writing. Through guided mini-lessons and structured writing tasks, students will learn to "show, not tell" how characters feel using dialogue, internal thoughts and character actions.

Grade Level: Grades 3-5

Target Subject: Social Emotional Wellness (SEW), Language Arts

Topic(s): Narrative Writing

Featured Products:

- Scholastic Children's Thesauruses and Spelling Dictionaries

Additional Resources for Teachers:

- [PowerPoint Resource – Writing Strong Dialogue](#)

Instructions:

- Gather the necessary materials, including a copy of the attached handouts for each student.
- Review what the Plot Mountain is—a graphic organizer used to determine story elements. In this case, problem and solution.
- Read the story aloud to the class. As you read, encourage students to fill out the Plot Mountain handout.
- Review the Plot Mountain together for accuracy and reflect on the book.
- Show students the CASEL Framework and discuss each portion together.
- In small, collaborative groups, have students discuss how the book's characters used the CASEL Framework to solve their community's problem.
- **Extension:** Allow students to identify a local problem and possible solutions they could carry out using the CASEL Framework.

CASEL Framework Connections:

How do the main characters demonstrate each of the following?

- Self Awareness:
- Self Management:
- Responsible Decision Making:
- Relationship Skills:
- Social Awareness:

Develop a plan. How can you use each of these areas to address the problem?

- Self Awareness:
- Self Management:
- Responsible Decision Making:
- Relationship Skills:
- Social Awareness:

Plot Mountain

Climax:

Rising Action:

Falling Action:

Resolution:

Exposition:

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