



Self-Awareness

ABOUT MORNINGSIDE CENTER

Morningside Center for Teaching Social Responsibility's evidence-validated programs engage young people in learning essential social and emotional skills and help educators build productive and respectful schools. The 4Rs Program combines superior children's books with engaging SEL activities that explore community, feelings, relationships, conflict, and problem-solving, adding depth to literacy instruction.

Writing About a Strong Feeling

By: The 4Rs



Writing About a Strong Feeling

Note to the teacher:

Writing About a Strong Feeling is an excerpt from The 4Rs™ [Reading, Writing, Respect & Resolution] *Teaching Guide for Grade 4, Unit 2: Understanding and Dealing with Feelings*, p. 25.

The book selection for this unit is *Sarah, Plain and Tall* by Patricia MacLachlan.

Time: 40 minutes

Materials: writing materials

Ask students to recall a time when they had a strong feeling, and give them 20-30 minutes to write about it.

Suggest that their piece might include some of the following information:

- What was the feeling?
- What physical sensations went along with it?
- Where were you when you experienced the feeling?
- What triggered the feeling?
- Were other people involved? If so, who?
- How were they involved?
- Did you do something as a result of having the feeling? If so, what?
- How long did the feeling last?
- How did things turn out?



Writing About a Strong Feeling

After 20-30 minutes, ask students to share their writing with a partner. Remind them to be good listeners.

After the students have read their stories in pairs, ask if anyone is ready to read a draft to the class.

Encourage the students to write and further develop their pieces.

Discuss:

- How was it to write about a time when you had a strong feeling?
- Did you learn anything about the feeling or about yourself?
- Do you think you might like to write again about a strong feeling?
- Point out that for some people it is helpful to write about feelings they're having. Do you think you might find it helpful?

The 4Rs™ Program combines superior children's books with engaging SEL activities that explore community, feelings, relationships, conflict, problem-solving and diversity, and adds depth to literacy instruction.