



FEELINGS FACTORY

K-2 Kindly Learning Purpose Pathways Content Outline

MY EMOTIONS & FEELINGS

WHY EMOTIONS ARE IMPORTANT:

- Lesson 1 – Why Emotions Are Important – What Are Emotions?
- Lesson 2 – Why Emotions Are Important – Why Emotions Matter
- Lesson 3 – Why Emotions Are Important – Identify & Change Your Feelings
- Lesson 4 – Why Emotions Are Important – Coloring Our Emotions
- Lesson 5 – Why Emotions Are Important – How Emotions Impact Others

LEARNING MY BASIC EMOTIONS:

- Lesson 6 – Learning My Basic Emotions – What to Do When You're Happy or Sad
- Lesson 7 – Learning My Basic Emotions – What to Do When Feeling Angry
- Lesson 8 – Learning My Basic Emotions – All About Love
- Lesson 9 – Learning My Basic Emotions – What Do I Do When I'm Afraid?
- Lesson 10 – Learning My Basic Emotions – Peace

EMOTIONS & RELATIONSHIPS:

- Lesson 11 – Emotions & Relationships – Attitude
- Lesson 12 – Emotions & Relationships – Being A Good Friend
- Lesson 13 – Emotions & Relationships – Talk to Someone About Your Fears
- Lesson 14 – Emotions & Relationships – Happiness
- Lesson 15 – Emotions & Relationships – Feeling Sad

ERIN'S LAW

SAFETY BASICS:

- Lesson 16 – Safety Basics – Safety First & Protecting Myself
- Lesson 17 – Safety Basics – Safe vs. Unsafe Relationships
- Lesson 18 – Safety Basics – Intro to the Touching Rule
- Lesson 19 – Safety Basics – No Secrets Allowed Rule
- Lesson 20 – Safety Basics – Talking Positive to Myself & Others

MY HEALTH & WELL-BEING:

- Lesson 21 – My Health & Well-Being – Personal Boundaries
- Lesson 22 – My Health & Well-Being – Intro to the "Always Ask" Rule
- Lesson 23 – My Health & Well-Being – Keeping Others Safe
- Lesson 24 – My Health & Well-Being – Speaking Up and Reporting Unwanted Touches
- Lesson 25 – My Health & Well-Being – Learning Helps with Personal Goals

HEALTHY GROWTH:

- Lesson 26 – Healthy Growth – “No” Means “No”
- Lesson 27 – Healthy Growth – We're All Different & Need Help in Different Ways
- Lesson 28 – Healthy Growth – Safe vs. Unsafe and Wanted vs. Unwanted Touches
- Lesson 29 – Healthy Growth – Speaking Up and Reporting Unsafe Touches
- Lesson 30 – Healthy Growth – Goals to Transform Behavior

VALUES & PRINCIPLES

LEARNING PRINCIPLES:

- Lesson 31 – Learning Principles – Principles & Values
- Lesson 32 – Learning Principles – Being Honest





Lesson 33 – Learning Principles – Develop Self-Control

Lesson 34 – Learning Principles – Teamwork 101

Lesson 35 – Learning Principles – Being Fair to Others

POSITIVE LIVING:

Lesson 36 – Positive Living – Creating Personal Values

Lesson 37 – Positive Living – Healthy Life Choices

Lesson 38 – Positive Living – Practicing Perseverance

Lesson 39 – Positive Living – Be Respectful

Lesson 40 – Positive Living – Celebrating Differences

UNLEASHING THE BEST ME:

Lesson 41 – Unleashing The Best Me – The Impact of Values

Lesson 42 – Unleashing The Best Me – Optimism

Lesson 43 – Unleashing The Best Me – Being Responsible

Lesson 44 – Unleashing The Best Me – Gratitude

Lesson 45 – Unleashing The Best Me – Showing Empathy

