Teacher’s Notes – Lesson 1: Knowing Myself – Emotions as Colors

Lesson Objectives

- Help students recognize emotions as natural signals.
- Connect emotions to colors for easier understanding.
- Encourage reflection on how emotions influence actions.
- Build self-awareness through discussion and simple practices.

Slide 1: Welcome to the Journey

Talking Point: This course is not just information, but a journey of self-discovery.
Prompt: Ask, 'What do you think it means to know yourself?'
Timing: 2 min

Slide 2: Intro Video – Emotions as Colors

Play the video.
After, ask: 'Which color/emotion do you connect with most today?'
Tip: Encourage open sharing without judgment.
Timing: 5 min

Slide 4: Reflection #1

Students answer in their workbooks:
1. Which emotion was strongest this week?
2. Did it help or drain you?
Tip: Give 3 minutes of quiet writing time.
Invite 1–2 volunteers to share.
Timing: 7 min

Slide 5: Activity – Emotion Line

Create a line in the classroom (Strong – Medium – Weak).
Ask students to place themselves on the line according to how strong their emotions felt this week.
Discuss: 'Why did you choose that spot?'
Timing: 8–10 min

Slide 6: Story Video – How Emotions Shape Actions

Play the story video.
Reinforce key takeaways:
- Anger → Courage to speak truth
- Sadness → Empathy and care
- Joy → Spreads energy
Prompt: 'Have you seen an emotion guide someone’s action in a positive way?'
Timing: 7 min

Slide 8: Reflection #2 – Your Week of Colors

Students write about one moment when an emotion guided their action.
Encourage them to note if it helped or challenged them.
Allow 3–4 minutes of writing, then group sharing.
Timing: 7 min

Slide 9: Lesson Recap

Key reminder: Emotions = Colors of life. Each one carries wisdom.
Prompt: 'What new perspective did you gain today about emotions?'
Timing: 3 min

Slide 10: Breathing Exercise

Guide class through 3 slow, deep breaths.
Ask them silently: 'Which color guided me most this week? How can I use it wisely next week?'
Have them write one sentence in their workbook.
Timing: 5 min

Slide 11: Post-Reflection

Ask:
1. What color is your mood now?
2. Did it change from the start?
3. One word you're taking away today?
Let 2–3 students share.
Timing: 5 min

Slide 12: Thank You

Encourage students: 'Your awareness is your strength. Keep noticing your colors.'
Closing Prompt: Share what next week's topic will be (The Power of Awareness).
Timing: 2 min

Slide 13: Workbook Download

Remind them to download the free workbook for extra reflection.