



Today's Secret of the Heart is:

emotion

Today's vocabulary words are: emotion, the blues, guitar, voice and harmonica

We are visiting Mississippi. It is in the United States. Find Mississippi on the map.

Young Masters Pledge:

Make a peace sign with your right hand, place it over your heart and repeat after me.
I promise, to use my gifts. Everyday, in every way - for I am, a Young Master!

Affirmation of the day: I can express different emotions.

Discussion:

- **What is emotion?**
 - Emotions are feelings.
 - Feelings of sadness, happiness, hope, triumph (when I achieve something), celebration and even pain or hurt.
 - How are you feeling today?

- **How do you express your emotions?**
 - Do you talk about your emotions, the way you're feeling?
 - What can you do to express your emotions?
 - Sing
 - Dance
 - Draw
 - Write
 - What makes you:
 - Happy?
 - Sad?
 - Angry?
 - Worried?
 - Embarrassed?
 - Frightened?
 - Nervous?
 - Excited?
 - Frustrated?

- **Activities:**

- **Draw a picture of how you would feel if you played the guitar like Chris.**

ARTS/CRAFTS PROJECTS

- **Ask someone at home to cook four hard boiled eggs for breakfast or lunch.**
 - With a marker draw a face on each egg for these emotions:
 - Happy
 - Sad
 - Angry
 - Surprised

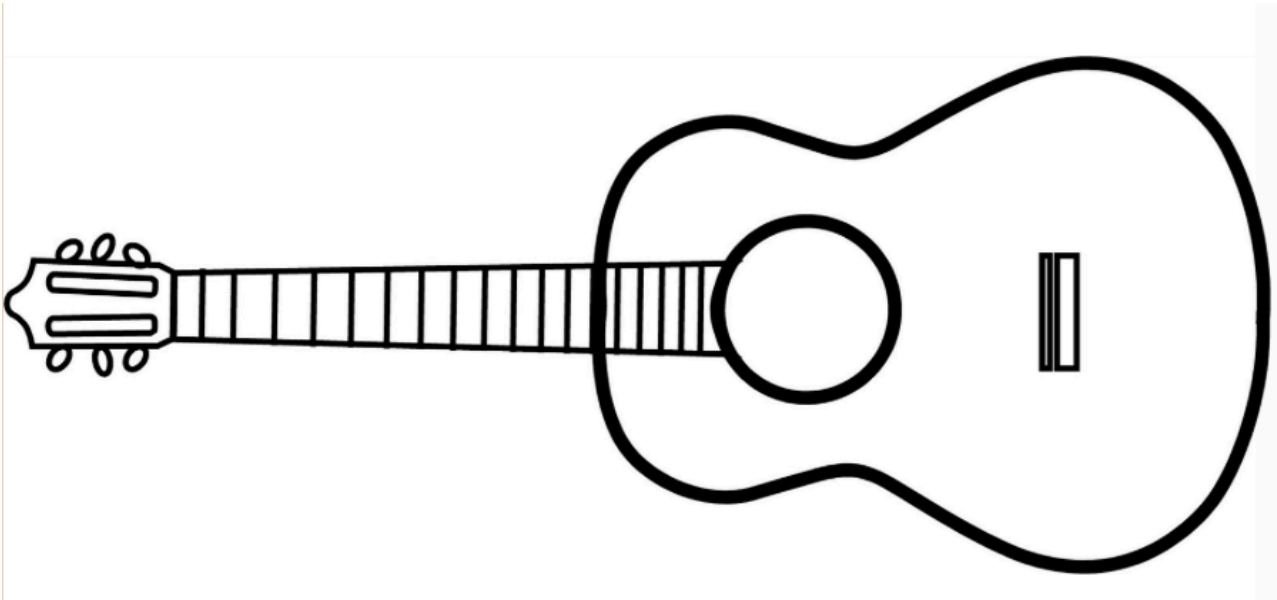


- Talk about how each one is feeling as you peel those emotions away before you eat them or share them with a family member or friend.
- Are you in control of your emotions?
 - How can you turn sad into happy?
 - Listen to some music you like
 - Tell a joke
 - Think a happy thought

Coloring page

Color this instrument that Chris played. Was it a ukulele, a violin or a guitar? Circle the answer.

The instrument Chris played has six strings. Can you draw six strings on it?



Can you draw a guitar?

Trace/write vocabulary words:

emotion

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the blues

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- - -
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guitar

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voice

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harmonica