Identifying emotions is the first step to helping students regulate them. Recognizing the physical signs associated with different feelings will strengthen students' ability to manage their emotions before they get too big.

Identifying and managing your feelings, or Emotion Regulation, requires the ability to respond to strong emotional situations in a socially acceptable manner. Children who are good at identifying and managing their emotions feel better about themselves and have more successful friendships.

Directions:
1. Before passing out the worksheets, ask students why they think chameleons change color. Most students will probably say “camouflage.”
2. Read the story aloud to students while they read along and fill in the vocabulary terms on their worksheet.
3. Now that we know chameleons change color to show their mood, have students spend a few minutes writing down ways humans show their mood to each other on the lines.
4. Have a discussion with the group about the different ways humans show moods and emotions to each other. Asks students some ways they personally show emotions when they are angry, sad, scared, etc.
5. Discuss with students which of these are the most appropriate ways to show someone how you are feeling. Remind students they they can go to the Cool Down Corner when their emotions get too big. (This lesson is a great backstory as to why they color a chameleon worksheet there.)
You may already know that chameleons are ___________ lizards that can change their color. But have you ever wondered why?

Many people think chameleons change colors to hide from ___________ predators. However, chameleons are pretty fast, so they can get away easily. This means ______________ camouflage is not the main reason that chameleons change their color.

So why do they change their color then? Scientists believe that chameleons change color to reflect their ______________ moods. This sends social signals to other chameleons.¹ For example, ______________ vibrant colors usually mean a chameleon is excited. They are often __________ green when they are at rest.

How do humans show their moods to each other?

facial expressions, body language, tone of voice, word choice, actions, skin tone changes (blushing when embarrassed, flushed face when angry, pale when scared), crying, laughing, etc.

¹ Adapted from Wonderopolis. Picture: http://kids.nationalgeographic.com/animals/chameleon/#chameleon-sleepy.jpg
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