

IDENTIFYING EMOTIONS ACTIVITY: CHAMELEON MOODS

Emotion Regulation is...

being able to identify and manage your feelings



IDENTIFYING EMOTIONS ACTIVITY:
CHAMELEON MOODS

Students will:

- Understand why chameleons change color
- Identify ways humans show their moods/emotions

Materials:

- Chameleon story (student copies)
- Chameleon story (educator copy)

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. Ask 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 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.)

Why Do Chameleons Change Color?



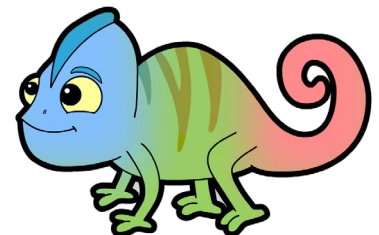
You may already know that chameleons are _____ **lizards** _____ that can change their color. But have you ever wondered why?

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](#)

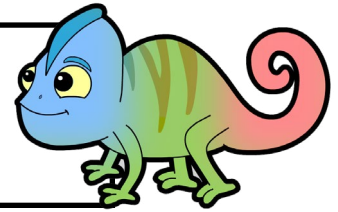
Picture: <http://kids.nationalgeographic.com/animals/chameleon/#chameleon-sleepy.jpg>

Why Do Chameleons Change Color?

**vibrant
moods**

**predators
lizards**

**green
camouflage**



You may already know that chameleons are _____ that can change their color. But have you ever wondered why?

Many people think chameleons change colors to hide from _____. However, chameleons are pretty fast, so they

can get away easily. This means _____ 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 _____. This sends social signals to other chameleons.¹ For example, _____ colors usually mean a chameleon is excited. They are often _____ when they are at rest.

How do humans show their moods to each other?

¹ Adapted from [Wonderopolis](http://wonderopolis.com)

Picture: <http://kids.nationalgeographic.com/animals/chameleon/#chameleon-sleepy.jpg>