



LESSON PLAN: Emotion Detectives

Topic: Anger Iceberg | Emotional Intelligence

Subjects| Stream:

Arts

Language

Comprehension

Grade Level: Primary (K-3), Junior (4-6)

Objective(s)

- To understand the connection between emotions and behaviour.
- To recognize that some emotions are “bodyguards” for other feelings and protect us from feeling them or hide them from others.
- To learn how to dig deeper to identify the true reason for emotions.
- To help create a compassionate classroom.

Brief Summary

The iceberg analogy is a way of visually showing children that strong emotions can be traced back to other feelings. There are often many feelings below the surface of what we can see and sometimes these feelings below the surface can build up and they make us behave in ways we don't want to, but people only see the emotion at the tip of the iceberg.

Background Information

The Anger Iceberg was developed by the Gottman Institute and can be used by both adults and children as a relationship tool to facilitate conversation and healing.

Resources | Materials Required per Pair:

- Handout: Anger Iceberg
- Handout: The Feeling Wheel
- Paper and writing/drawing utensils
- Feelings Wheel – one for each child/pair/group



**Activity Instructions:**

Step 1: Share the “Anger Iceberg” & “The Feeling Wheel” handouts with the class.

Step 2: Explain the Iceberg Analogy to the class and encourage discussion around “bodyguard” feelings:

- Which strong feelings (i.e. anger, sadness, fear, joy) might be protecting or hiding others?
- How can we tell whether our strong feeling is a bodyguard for another emotion?
- What happens in our body when we are experiencing (name different feelings)?
- What does it look like to other people? (Internal physiological reactions vs. visible behaviour)?
- How can we support others who are displaying strong feelings?

Step 3: Activity: Draw your own iceberg:

1. Using the “Feelings Wheel” encourage participants to choose:
2. One strong emotion to draw above the water level
3. All multiple emotions to fill the bottom of the iceberg.

Teachers may want to display the Anger Iceberg along with the students’ iceberg drawings and use these as a tool to support students in recognizing their emotions and if something else is going on beneath the iceberg.

Lesson Extension Idea:

Pixar’s *Inside Out* movie is a great follow up to solidify the idea of bodyguard emotions.

