

# Build Me "Emotions" Teacher Guide



LEGO® Education  
Preschool

SO MANY WAYS TO  
LEARN, TOGETHER



45018

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# Build Me “Emotions”

## Teacher Guide Introduction

### Who is the material For?

The Build Me “Emotions” Teacher Guide is for preschool teachers. It is designed to help teachers develop children’s social skills, such as, recognizing and understanding emotions, expressing personal preferences, and resolving conflicts in constructive ways.

### What is it For?

The Build Me “Emotions” Teacher Guide provides fun and engaging opportunities to explore emotions and develop empathy. Lessons include stories and colorful illustrations that show characters experiencing relatable preschool issues. For example, Jayden wants to learn how to walk across a balance beam—but he keeps falling. Will he persevere?

The Build Me “Emotions” Teacher Guide supports educators by offering fun and simple ways in which to discuss important social and emotional topics. Each lesson addresses a typical preschool scenario in which children learn about their own feelings and preferences as well as those of others.

Throughout each lesson, you will help children identify emotions without labeling the emotions as “good” or “bad.” As a result, children will begin to understand that emotions are responses to different stimuli and that they can learn appropriate ways to work through their emotions. Children will also begin to realize that there is a wide range of emotions. Subsequently, introducing children to new vocabulary increases their ability to describe and express their feelings. Second Language Learners greatly benefit from practicing new vocabulary in a context they can understand. Visual cues and stories help them relate to the meanings of words.

Throughout the lessons, strategic questions will guide children through the process of applying social and emotional skills in a personal way. LEGO® DUPLO building activities will reinforce creativity, collaboration, and problem solving.

The Build Me “Emotions” lessons can be tailored to fit your needs and the needs of your class. One Build Me “Emotions” Set can be used with up to eight children at a time. The lessons suggest that the children work in pairs called “building buddies.” The stories for each lesson can be presented to the whole class in a circle time setting or to small groups. The activities can be done in centers or stations around the classroom or in small groups. The table of contents provides a brief description of lesson topics. After completing the Getting Started activities, the lessons can be done in any sequence.

Additionally, personalizing the scenarios and content to fit your classroom dynamics and physical set up will help your students connect to the stories. For example, tweak the story by changing “circle time” to “morning meeting” or changing the swing situation to another play situation relevant to your class’s preschool experience.

Expect differentiated outcomes based on children’s existing knowledge, vocabulary, and experience. Children’s verbal responses, models, and role-playing will vary. Support learning by adapting the questioning and making the stories relevant to the children. Children may prefer to build models of themselves or other people they know instead of the characters in the stories. This modification enhances the learning experience and makes it more personal.



## The Build Me “Emotions” Teacher Guide lessons will enable children to:

- Recognize and understand emotions
- Develop self-efficacy
- Role-play
- Develop empathy
- Problem-solve

## What is it?

- The Build Me “Emotions” Teacher Guide consists of twelve lessons
- The activities require the LEGO® Education Build Me “Emotions” Set (45018)
- The Build Me “Emotions” lessons follow the 4C approach.

## Lesson Structure

Each lesson is structured to provide a natural learning flow called the *LEGO Education 4C approach*, which gives children successful learning experiences. The Connect and Construct phases, which are the first two phases of each lesson, can be done in one 20-minute session. To ensure that young children are actively engaged, the Contemplate and Continue phases can be completed in a later session.

## Connect

During the Connect phase, short stories and discussions will spark children’s curiosity and activate their existing knowledge while preparing them for a new learning experience.

## Construct

In this phase, the children will participate in a hands-on building activity. As their hands create models of people, places, objects, and ideas, their minds will organize and store new information related to these structures.

## Contemplate

During the Contemplate phase, children are given the opportunity to reflect on what they have done and to talk about and share insights they have gained during the Construct phase of the lesson. Each lesson encourages children to use their models to role-play and resolve conflicts.

## Continue

New challenges in this phase build upon the concepts children learned previously in the lesson. These extension activities enable children to apply newly acquired knowledge.

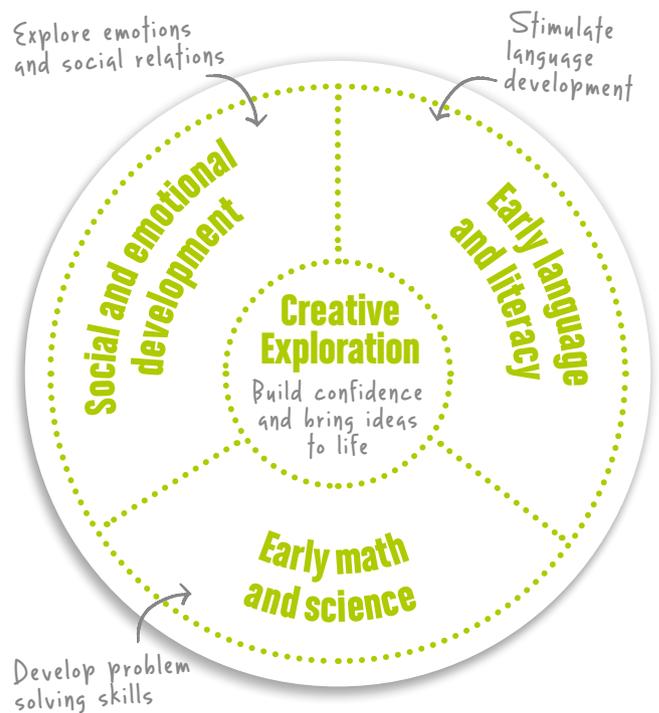
## Did you notice?

The Social and Emotional Development guidelines from NAEYC and HeadStart have been used to develop the Build Me “Emotions” lessons. Please refer to the learning grid for an overview of these education guidelines. The learning goals listed at the end of each lesson can be used to determine whether or not each child is developing the relevant social and emotional skills. These bullet points target specific skills or pieces of information that are practiced or presented during each lesson.



Learning Area	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6	Lesson 7	Lesson 8	Lesson 9	Lesson 10	Lesson 11	Lesson 12
Self-Management												
Social Interaction												
Emotional Regulation												
Problem Solving												
Communication												
Self-Awareness												
Relationships												
Decision Making												
Self-Expression												
Emotional Literacy												
Empathy												
Conflict Resolution												
Resilience												
Self-Efficacy												

# Help your preschoolers develop important skills



LEGO® Education Preschool solutions stimulate children's natural curiosity to explore together and learn through play. Our preschool solutions will support you in developing your preschoolers in the following ways:

- give them social skills to collaborate and communicate with the world around them
- let them discover their own capabilities and acquire fundamental life skills
- develop crucial skills for school readiness focusing on four key learning areas essential for early childhood development: Creative Exploration, Social and Emotional Development, Early Math and Science, and Early Language and Literacy

## Find out more...

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