



Drawing with Mr. J!

A Cat Attacking A City

Today's challenge is "a cat attacking a city." Mr. J invites students to consider why a giant cat would attack a city, as he explores what it means to feel angry. He shares personal safe strategies for recognizing and processing anger.

Ohio SEL Standards

These activities align with Strategy number 7 of Ohio's Strategic Plan for Education, Each Child, Our Future, which focuses on working to help schools meet the needs of the whole child.

- **Self-Awareness:**
 - A.1.2.a: Recognize emotions as natural and important
 - A.1.2.b: Identify that emotions are valid, even if others feel differently
- **Self Management:**
 - B.1.3.a: Identify and begin to use strategies to regulate emotions and manage behaviors
 - B.1.3.b: Apply strategies to regulate emotions and manage behaviors
- **Responsible Decision-Making:**
 - E.3.1.a: Identify how certain actions can impact others
 - E.3.2.a: Recognize safe practices and actions
 - E.3.2.b: Demonstrate safe practices to guide actions

This video aligns with Ohio's Early Learning and Development Standard Sa4, Recognize and identify own emotions and the emotions of others and Sa5, Communicate a range of emotions in socially accepted ways. (Pre-Kindergarten)

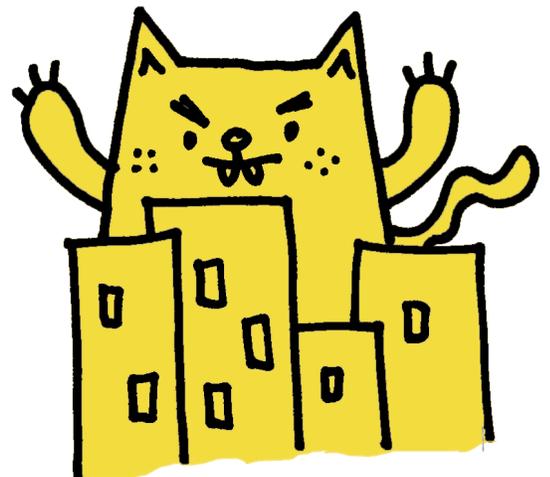
View and Sketch: 5 minutes

Distribute sticky notes or small scraps of paper to your students and allow them to sketch along with Mr. J as they watch the video. We encourage you to share students' work on Twitter @WOSU_Classroom #DrawingWithMrJ

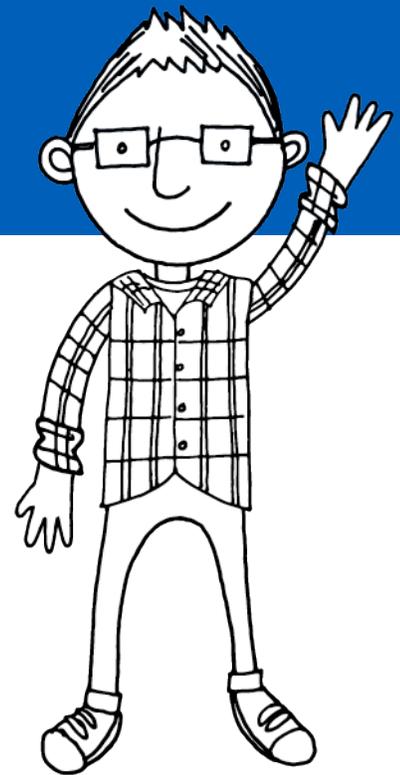
Chat: 5-10 minutes

After viewing the video with the class, choose 1-2 discussion questions to work through in whole or small groups or as a writing prompt.

- *Help students visualize (internally) what makes them angry.* When you are angry, is it a good or positive feeling? Why?
- *Promote healthy expressions of relieving anger.* Is it ever ok to take your anger out on someone else?
- *Promote awareness and/or empathy.* How does it make you feel when you see your friend or family being mistreated? How can you help?



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Read: *10 minutes*

Use these picture books to spark continued conversation with students about the feelings discussed in the video.

- Angry Cookie by Laura Dockrill
- Even Superheroes Have Bad Days by Shelly Becker
- The Bad Seed by Jory John

Share: (Home to School Connection)

To strengthen the home to school connection, keep families informed about the work happening in the classroom. Feel free to copy or adjust the following message to include in class newsletters.



Today, your child learned why sharing their emotions, including anger, is important. Our class discussion focused on:

- Help students visualize (internally) what makes them angry. When you are angry, is it a good or positive feeling? Why?
- Promote healthy expressions of relieving anger. Is it ever ok to take your anger out on someone else?
- Promote awareness and/or empathy. How does it make you feel when you see your friend or family being mistreated? How can you help?

We encourage you to continue the conversation at home. There are many wonderful books that explore anger. A few that we recommend include:

- Even Superheroes Have Bad Days by Shelly Becker
- The Bad Dragon by Michael Gordon
- My Mouth is a Volcano by Julia Cook

Extend:

- If someone starts telling people things about you or someone else that isn't true, it can make you feel quite upset. Brainstorm as a class ways to best handle when someone is lying about you or someone you care about.
- It's going to happen. There are times when everyone will encounter being upset. Challenge students to research or brainstorm actions they can do to help them calm down and remedy the situation. Have students write down ideas on sticky notes and post them together in one visible location.
- PBS for Kids Games with Emotions, Arthur Friends, [wosu.org/arthurgame](https://www.wosu.org/arthurgame)
- PBS Learning Media: Mad Feelings | Daniel Tiger: Life's Little Lessons, [wosu.org/madfeelings](https://www.wosu.org/madfeelings)