

# Drawing with Mr. J!

## Friendly Mountain Video Companion

Today's challenge is "a friendly mountain." Mr. J invites students to draw along as they identify how complicated emotions, like grief, can feel inside our bodies. He discusses how sharing our emotions with a trusted adult is important, but especially when we lose someone we care about.

### 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.1.1.a: Identify basic personal emotions
  - A.1.2.a: Recognize emotions as natural and important
  - A.1.3.b: Consider when it is necessary to process emotions in a safe place, independently or with the guidance of a trusted adult
  - A.3.1.a: Identify at least one trusted adult at school and in the community and know when and how to access them
- **Self-Management:**
  - B.1.2.a: Describe verbal and nonverbal ways to express emotions in different settings
- **Responsible Decision-Making**
  - E.3.2.a: Recognize safe practices and actions

This video aligns with Ohio's Early Learning and Development Standard Sa4, Recognize and identify own emotions and the emotions of others (Pre-Kindergarten)

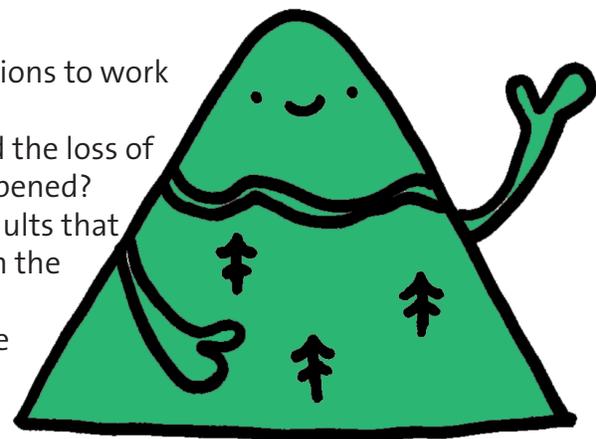
### View and Sketch: *5 minutes*

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

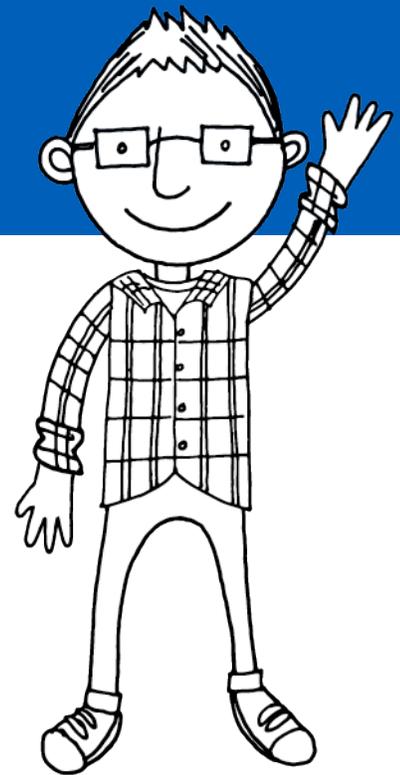
### Chat: *5-10 minutes*

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 identify emotions. Have you ever experienced the loss of someone you cared about? How did you feel when this happened?
- Identify support for our emotions. Who are some trusted adults that you talked to about your feelings, or that you could talk to in the future?
- Promote awareness and/or empathy. How can we show care and support for others when they are experiencing grief?



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## Read: 10 minutes

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

- *Always Remember* by Cece Meng
- *The Heart and the Bottle* by Oliver Jeffers
- *Many Shapes of Clay: A Story of Healing* by Kenesha Sneed

## Share: (Home to School Connection)

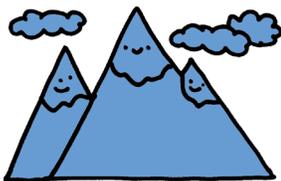
To strengthen the home to school connection, keep families informed about the work happening in the classroom. Feel free to copy or adjust the following message to include in class newsletters.

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

- Help students identify emotions. Have you ever experienced the loss of someone you cared about? How did you feel when this happened?
- Identify support for our emotions. Who are some trusted adults that you talked to about your feelings, or that you could talk to in the future?
- Promote awareness and/or empathy. How can we show care and support for others when they are experiencing grief?

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

- *Always Remember* by Cece Meng
- *The Heart and the Bottle* by Oliver Jeffers
- *Many Shapes of Clay: A Story of Healing* by Kenesha Sneed



## Extend:

- Spend time drawing a favorite memory including as many details as possible to make sure you remember the experience.
- Engage students in a discussion that we all experience losses. Students can create the outside of a card that can be saved and later shared with staff members who experience a loss.
- Brainstorm a list of small actions students can do to support others when they are sad. Post the list as a resource for students to refer to later when a student is sad for any reason, including grief.
- PBS for Kids Games with Emotions (for younger students), [pbskids.org/games/feelings](https://pbskids.org/games/feelings)