

Drawing with Mr. J!

Well Dressed Bear Video Companion

Today's challenge is "a well dressed bear." Mr. J invites students to draw along as they identify how basic emotions show up on other people's faces. He discusses how it is important to identify that someone may be feeling a certain way, based on their expressions. Though it is hard, we should ask them how they are, and then listen thoughtfully.

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.b: Identify that emotions are valid, even if others feel differently
- **Social Awareness:**
C.1.1.a: Identify facial and body cues representing feelings in others
C.1.1.b: Identify verbal and nonverbal cues representing feelings in others
C.1.2.a: Identify words and actions that may support or hurt the feelings of others
- **Relationship Skills:**
D.1.1.b: Apply active listening and effective communication skills to increase cooperation and relationships

This video aligns with Ohio's Early Learning and Development Standard S4: Recognize and identify own emotions and the emotions of others. S20: Express concern for the needs of others and people in distress, and Show regard for the feelings of other living things. (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

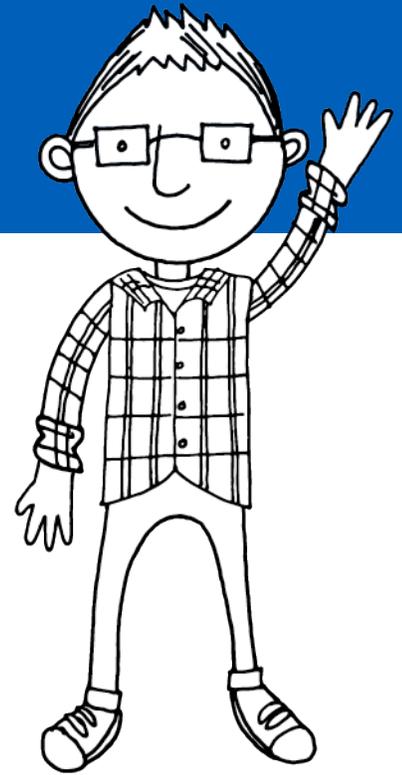
Chat: *5-10 minutes*

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.

- Promoting awareness. How does it make you feel to see someone else feeling emotions like happy, sad, grumpy, or lonely?
- Promoting empathy. How can you help support someone who is feeling sad, frustrated, or grumpy?
- Promoting healthy expressions of emotion. What are some healthy ways you can express your own emotions?



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Read: 10 minutes

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

- *The Happy Book and Other Feelings* by Andy Rash
- *Tough Guys Have Feelings Too* by Keith Negley
- *Grumpy Monkey* by Suzanne Lang

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 recognizing facial expressions are important. Our class discussion focused on:

- Promoting awareness. How does it make you feel to see someone else feeling emotions like happy, sad, grumpy, or lonely?
- Promoting empathy. How can you help support someone who is feeling sad, frustrated, or grumpy?
- Promoting healthy expressions of emotion. What are some healthy ways you can express your own emotions?

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

- *The Happy Book and Other Feelings* by Andy Rash
- *Tough Guys Have Feelings Too* by Keith Negley
- *Grumpy Monkey* by Suzanne Lang

Extend:

- Practice Listening. Pair students up and give them discussion questions. Discuss what active listening is, and instruct them not to interrupt their partner while they are talking. Take turns practicing active listening.
- Gather multiple images of people expressing different emotions. Have students identify the emotion and why they selected their answer.
- Role play with students to explore how to support someone who is sad, angry, bored, sleepy, mischievous, and super happy.
- PBS for Kids Games with Emotions (for younger students), pbskids.org/games/feelings
- PBS Learning Media: wosu.pm/emotions and wosu.pm/feelings