

# Drawing with Mr. J!

## A Lovable Monster Video Companion

Today's challenge is "a lovable monster." Mr. J invites students to draw along as they identify how basic emotions, like feeling overwhelmed, show on our faces and prompt us to need some quiet time. He discusses how sharing our emotions is important.

### 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.1.3.a: Identify appropriate time and place to safely process emotions, independently or with the guidance of a trusted adult
- **Social Awareness:**  
C.4.3.a: Recognize others' personal space and boundaries  
C.4.3.b: Recognize that individuals' needs for privacy and boundaries differ and respect those differences
- **Relationship Skills:**  
D.3.3.a: Apply listening and attention skills to identify the feelings and perspectives of others

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

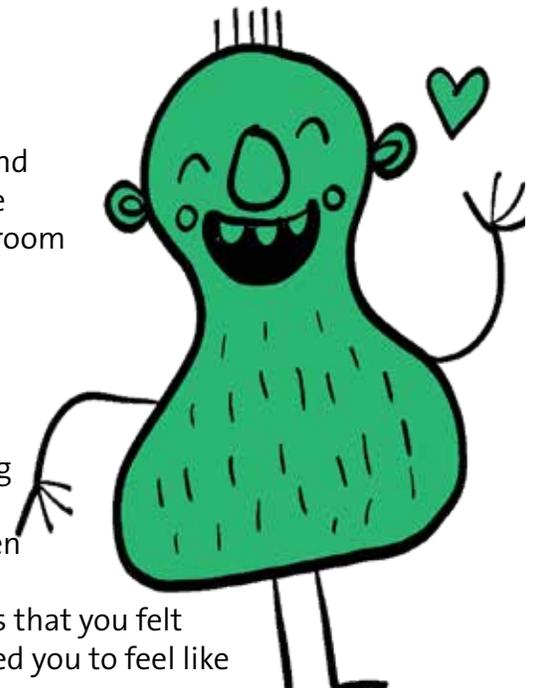
### View and Sketch: *5 minutes*

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.

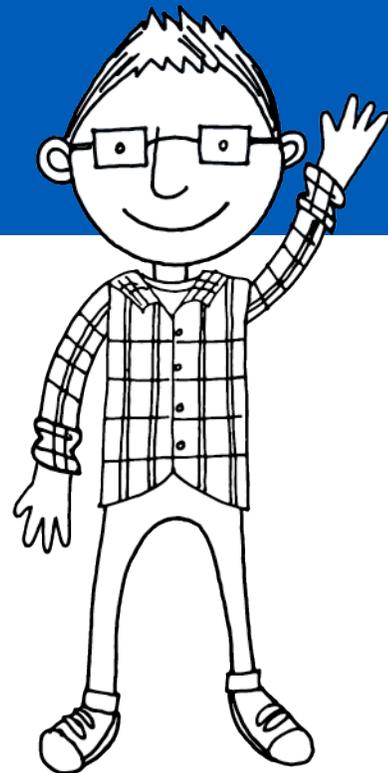
### Chat: *5-10 minutes*

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. What does it feel like when you are overwhelmed?
- Identify what prompts our emotions. When are some times that you felt overwhelmed and needed some quiet time? What prompted you to feel like this?
- Promote awareness and/or empathy. How can you support someone who needs some quiet time?



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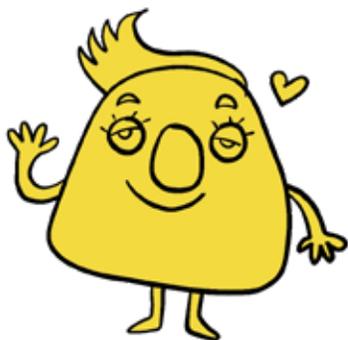
## Read: 10 minutes

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

- *Leave Me Alone!* by Vera Brosgol
- *The Quiet Crocodile* by Natacha Andriamirado
- *The Sound of Silence* by Katrina Goldsaito

## 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 taking quiet time is important when we are overwhelmed. Our class discussion focused on:

- Help students identify emotions. What does it feel like when you are overwhelmed?
- Identify what prompts our emotions. When are some times that you felt overwhelmed and needed some quiet time? What prompted you to feel like this?
- Promote awareness and/or empathy. How can you support someone who needs some quiet time?

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

- *Leave Me Alone!* by Vera Brosgol
- *The Quiet Crocodile* by Natacha Andriamirado
- *The Sound of Silence* by Katrina Goldsaito

## Extend:

- Students make a guide for their lovable monsters on a poster or in a small folded book. They draw what their monster eats, what they do for fun, where they live, and what makes them experience different emotions.
- As a class, practice deep breathing techniques as a strategy for calming down when they are upset. One method is to slowly and carefully blow bubbles.
- Establish a classroom quiet space for students who need a calming break. Provide students a say in the small activities, posters, and furniture available in the space. Set expectations with students for when they should utilize this resource.
- PBS for Kids Games with Emotions (for younger students), [pbskids.org/games/feelings](https://pbskids.org/games/feelings)
- PBS Learning Media: [wosu.pm/emotions](https://wosu.pm/emotions) and [wosu.pm/feelings](https://wosu.pm/feelings)