

Drawing with Mr. J!

A Plant With A Face Video Companion

Today's challenge is "a plant with a face." Mr. J invites students to draw their own plant, while he explores what it means to feel grumpy and prickly like a cactus. He shares personal strategies for processing this feeling as well as the importance of sharing our emotions with others.

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.1.1.b: Identify a range of personal emotions
 - 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.1.1.a: Identify personal behaviors or reactions when experiencing basic emotions
 - B.1.1.b: Demonstrate strategies to express a range of emotions within the expectations of the setting
- **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

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

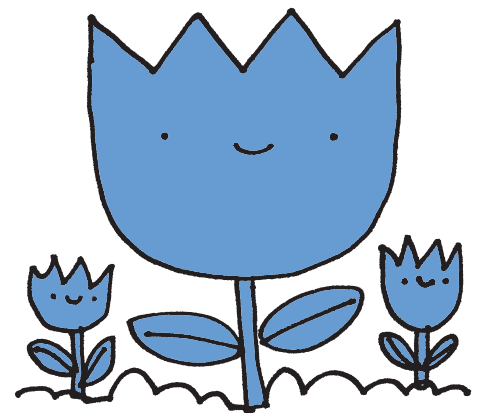
View and Sketch: *5 minutes*

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

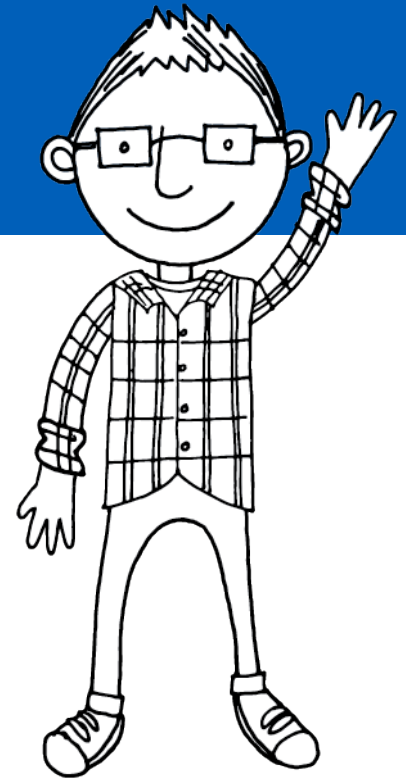
Chat: *5-10 minutes*

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.

- Helping students visualize (internally) what makes them grumpy. What makes you grumpy?
- Promoting healthy expressions of emotion. What are some ways you can let others know you are grumpy, without being rude?
- Promoting awareness and/or empathy. How will we, as a class, help someone that is in a grumpy mood?



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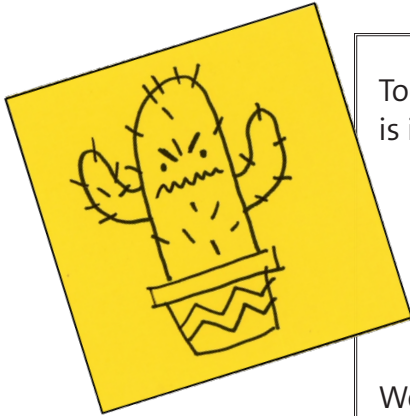
Read: 10 minutes

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

- Grumpy Monkey by Suzanne Long
- Nobody Hugs a Cactus by Carter Goodrich
- The Grouchy Ladybug by Eric Carle

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 happiness, is important. Our class discussion focused on:

- Helping students visualize (internally) what makes them grumpy. What makes you grumpy?
- Promoting healthy expressions of emotion. What are some ways you can let others know you are grumpy, without being rude?
- Promoting awareness and/or empathy. How will we, as a class, help someone that is in a grumpy mood?

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

- Grumpy Monkey by Suzanne Long
- Nobody Hugs a Cactus by Carter Goodrich
- The Grouchy Ladybug by Eric Carle

Extend:

- Have students role-play. As a class, discuss a situation that could lead to someone being grumpy. Establish, as a class, how long it would be ok for someone to remain grumpy. Then discuss strategies for helping someone in a grumpy mood be happy again.
- Show students several different facial expressions and see if students can identify expressions that represent someone in a grumpy mood.
- PBS for Kids Games with Emotions (for younger students), pbskids.org/games/feelings
- PBS Learning Media, [wosu.pm/deeper-feelings](https://www.pbs.org/learningmedia/subject/social-emotional-skills/feelings/)