

Drawing with Mr. J!

A Donut Playing a Sport Video Companion

Today's challenge is "a donut playing a sport." While drawing donuts in action, Mr. J invites students to explore the feelings associated with disappointment. He shares personal strategies for processing these emotions as well as the importance of sharing our experiences 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:**
 - AA.1.2.a: Recognize emotions as natural and important
 - A.1.2.b: Identify that emotions are valid, even if others feel differently
 - A.1.3.a: Identify appropriate time and place to safely process emotions, independently or with the guidance of a trusted adult
 - A.3.2.a: Seek help when faced with challenges or when frustrated with a task, skill or situation
- **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
- **Social Awareness:**
 - C.1.2.a: Identify words and actions that may support or hurt the feelings of others

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

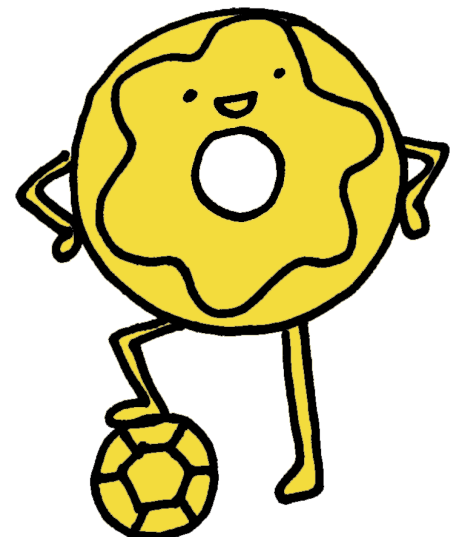
View and Sketch: *5 minutes*

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

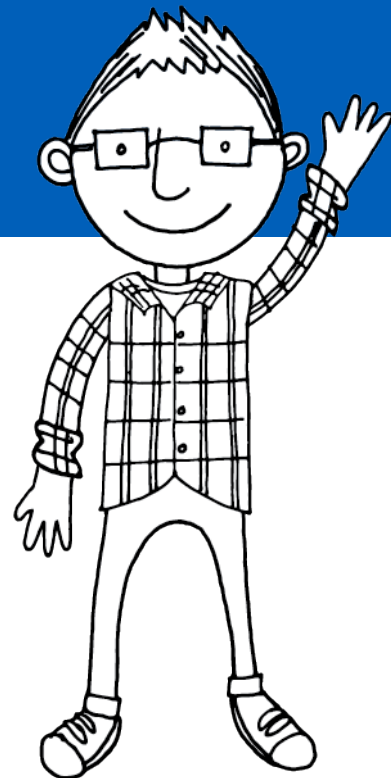
Chat: *5-10 minutes*

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 disappointed. Have you ever been in a situation where things did not go like you wanted them to go?
- Promote healthy expressions of emotion. What are some ways you can let others know you are feeling disappointed without being mean?
- Promote awareness and/or empathy. If you see someone that is really disappointed, what are some things you can do to help?



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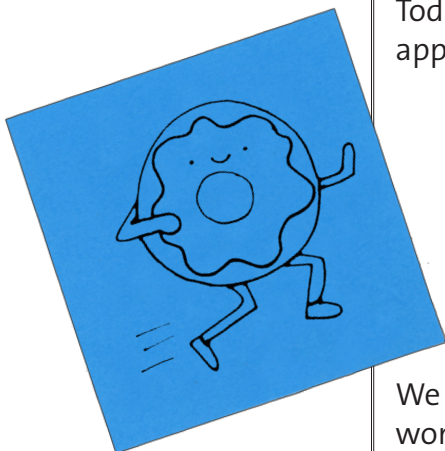
Read: 10 minutes

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

- Tough Guys Having Feelings Too by Keith Negley
- Spoon by Amy Krouse Rosenthal
- Not Norman by Kelly Bennett

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 understanding their emotions, including disappointment, is important. Our class discussion focused on:

- Help students visualize (internally) what makes them disappointed. Have you ever been in a situation where things did not go like you wanted them to go?
- Promote healthy expressions of emotion. What are some ways you can let others know you are feeling disappointed without being mean?
- Promote awareness and/or empathy. If you see someone that is really disappointed, what are some things you can do to help?

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

- Tough Guys Having Feelings Too by Keith Negley
- Spoon by Amy Krouse Rosenthal
- Not Norman by Kelly Bennett

Extend:

- Challenge students to come up with a scenario involving two people where both people will have to compromise in some way for everyone to be happy and a little less disappointed. If time permits, have them act out their scenario as a skit.
- Often times, disappointment can come about because students may not like to share. Brainstorm possible situations in your class that may lead to a student feeling disappointed. Then create positive ways each situation can be handled in the future. If time permits, have students write and/or draw these solutions on poster board to place throughout the classroom.
- PBS for Kids Games with Emotions, pbskids.org/games/feelings
- Sesame Street: Resilience, sesamestreetincommunities.org/topics/resilience