

Drawing with Mr. J!

A Unicorn with Personality Video Companion

Today's challenge is "a unicorn with personality." Though unicorns can have so many different personalities, Mr. J explores what stress may look or feel like. He shares personal strategies for handling stress and the importance of talking about emotions with a trusted adult.

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.a: Recognize emotions as natural and important
 - A.1.2.b: Identify that emotions are valid, even if others feel differently
- **Self Management:**
 - B.1.3.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
- **Responsible Decision-Making:**
 - E.3.2.a: Recognize safe practices and actions

This video aligns with Ohio's Early Learning and Development Standard Sa9, Manage the expression of feelings, thoughts, impulses and behaviors with minimal guidance from adults; and Sa15, Engage in extended, reciprocal conversations with familiar adults. (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

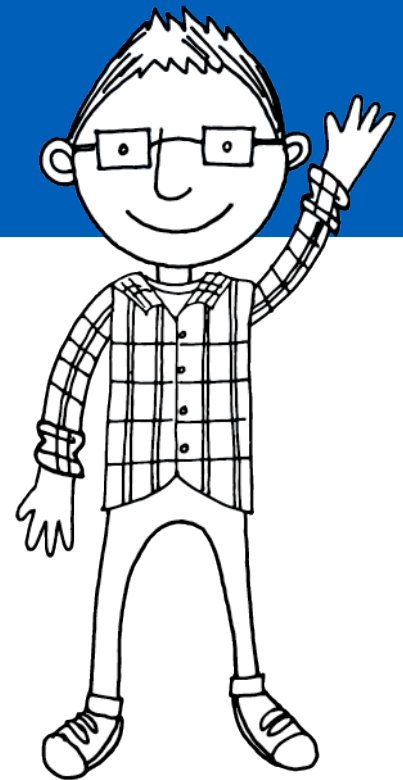
Chat: 5-10 minutes

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 stressed.* Have you ever been in a situation that felt too difficult to handle on your own?
- *Promote healthy expressions of stress.* When you feel overwhelmed, how can you handle the situation on your own? Or with the help of others?
- *Promote awareness and/or empathy.* Sometimes, being stressed can look as if someone is just mad or in a bad mood. What are the signs that show a person could be stressed, and how can you 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.

- The Good Egg by Jory John
- Wemberly Worried by Kevin Henkes
- Hey Warrior by Karen Young

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 stress, is important. Our class discussion focused on:

- Help students visualize (internally) what makes them stressed. Have you ever been in a situation that felt too difficult to handle on your own?
Promote healthy expressions of stress. When you feel overwhelmed, how can you handle the situation on your own? Or with the help of others?
- Promote awareness and/or empathy. Sometimes, being stressed can look as if someone is just mad or in a bad mood. What are the signs that show a person could be stressed, and how can you help?

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

- The Good Egg by Jory John
- Wemberly Worried by Kevin Henkes
- Hey Warrior by Karen Young

Extend:

- Brainstorm several different ways students can become stressed at home and/or at school. Then have students create index cards with various ways to handle stress in healthy ways.
- As a class, create a small area in your classroom that is the “go-to” area to cope with stress. Set parameters and rules for this area that are visible for all to see. Students can be encouraged to bring in little, inexpensive trinkets that can be available for anyone in the class to use.
- Challenge students to work in groups to create a poem, song, or creative drawing that is geared towards strategies for dealing with stress.
- PBS Learning Media: HealthBeat-Stanley Stress, [wosu.org/standleystress](https://www.wosu.org/standleystress)
- Zach Braff: Anxious | Sesame Street, [wosu.org/ss-anxious](https://www.wosu.org/ss-anxious)