



Drawing with Mr. J!

Butterfly Turtle Video Companion

Today's challenge is "combine two animals to make a new animal." Mr. J invites students to draw along as they identify how we can experience multiple emotions at the same time. He discusses how sharing and processing our experiences with a trusted adult 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.1.1.b: Identify a range of personal emotions
 - A.1.2.a: Recognize emotions as natural and important
 - A.1.3.a: Identify appropriate time and place to safely process emotions, independently or with the guidance of a trusted adult
- **Self-Management:**
 - B.1.1.a: Identify personal behaviors or reactions when experiencing basic emotions
 - B.1.2.a: Describe verbal and nonverbal ways to express emotions in different settings

This video aligns with Ohio's Early Learning and Development Standard S4: Recognize and identify own emotions and the emotions of others. S12: Seek security and support from familiar adults in anticipation of challenging situations. (Pre-Kindergarten)

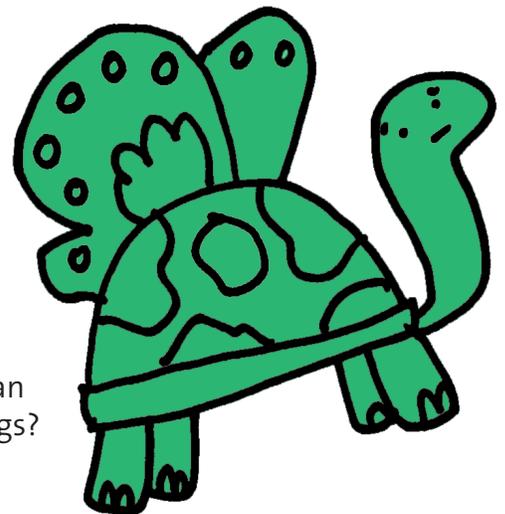
View and Sketch: *5 minutes*

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

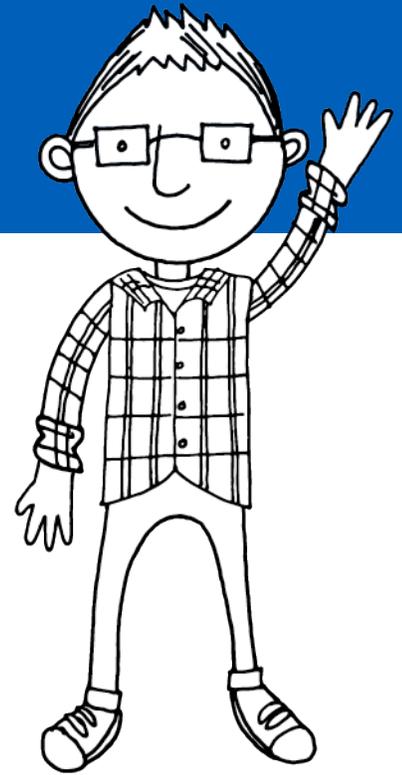
Chat: *5-10 minutes*

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. When was a time you felt more than one emotion at the same time?
- Identify what prompts our emotions. Why do you think you feel different emotions at the same time?
- Promote awareness and/or empathy. How do you think you can help someone else process through their emotions and feelings?



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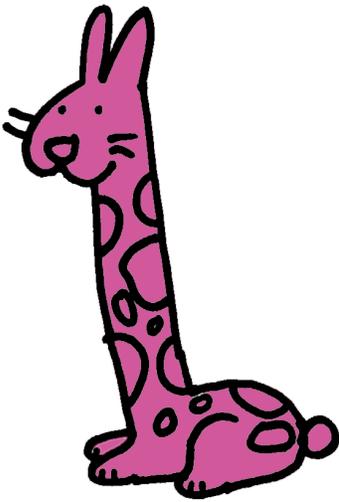
Read: 10 minutes

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

- *The Feeling Flower* by Lean Dakroub
- *I'm Happy-Sad Today* by Lory Britain
- *The Boy with Big Feelings* by Britney Winn Lee

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 multiple emotions at the same time, is important. Our class discussion focused on:

- Help students identify emotions. When was a time you felt more than one emotion at the same time?
- Identify what prompts our emotions. Why do you think you feel different emotions at the same time?
- Promote awareness and/or empathy. How do you think you can help someone else process through their emotions and feelings?

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

- *The Feeling Flower* by Lean Dakroub
- *I'm Happy-Sad Today* by Lory Britain
- *The Boy with Big Feelings* by Britney Winn Lee

Extend:

- Staple multiple blank pages of paper together down the left side. Use scissors to make 2 cuts through the pages up to the staples, but not all the way to the end. On the top section draw different eye expressions, in the middle section noses, and the bottom section different mouth expressions. Flip through matching different eyes and mouths together to visualize mixed-emotions.
- Make a class list of different times someone could experience different emotions at the same time. Discuss how often this happens and is a very normal part of life.
- Each student designs animals specifically based on two different emotions. The animals are brought together to create a whole forest scene of emotional critters. Students can create and post written bios for their mixed-feelings friends.
- PBS for Kids Games with Emotions (for younger students), pbskids.org/games/feelings
- PBS Learning Media: [wosu.org/emotions](https://www.wosu.org/emotions) and [wosu.org/feelings](https://www.wosu.org/feelings)