

Drawing with Mr. J!

It's Raining Video Companion

Today's challenge is "It's Raining." Mr. J invites students to draw along as they identify how basic emotions, like worry, feel and show on our faces our bodies. He discusses how sharing our emotions is important, especially when we are worried.

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.1.4.a: Recognize that current events can impact emotions
- **Self-Management:**
 - B.1.1.a: Identify personal behaviors or reactions when experiencing basic emotions
 - B.1.3.a: Identify and begin to use strategies to regulate emotions and manage behaviors

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

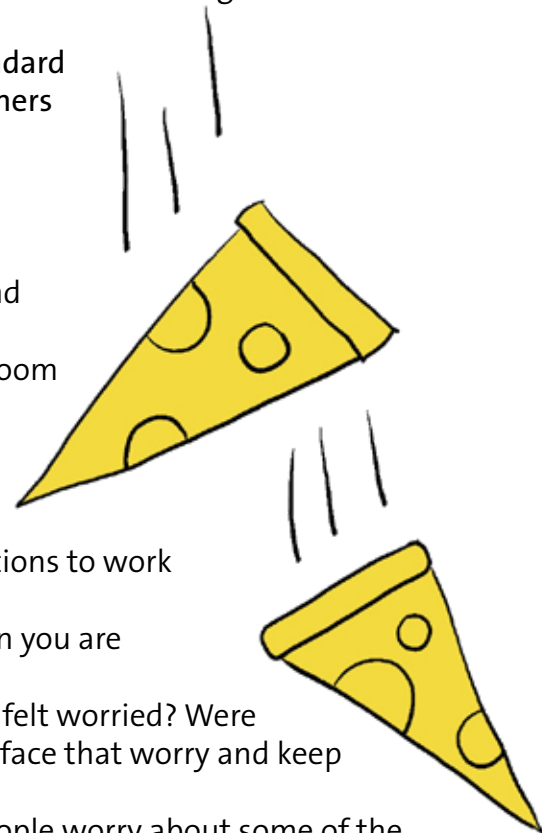
View and Sketch: *5 minutes*

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.

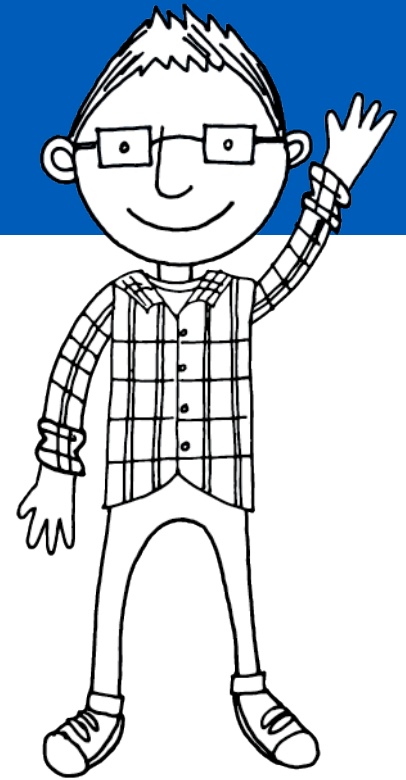
Chat: *5-10 minutes*

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 worried about something?
- Identify what prompts our emotions. When was a time you felt worried? Were you able to work through your worries? What did you do to face that worry and keep moving forward?
- Promote awareness and/or empathy. Do you think other people worry about some of the same things as you? What are some ways you could help them face their worries?



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Read: 10 minutes

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

- *Rub Finds a Worry* by Tom Percival
- *The Worrysaurus* by Rachel Bright
- *The Worry Box* by Suzanne Chiew

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 worry and how it shows on our faces and bodies, is important. Our class discussion focused on:

- Help students identify emotions. What does it feel like when you are worried about something?
- Identify what prompts our emotions. When was a time you felt worried? Were you able to work through your worries? What did you do to face that worry and keep moving forward?
- Promote awareness and/or empathy. Do you think other people worry about some of the same things as you? What are some ways you could help them face their worries?

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

- *Rub Finds a Worry* by Tom Percival
- *The Worrysaurus* by Rachel Bright
- *The Worry Box* by Suzanne Chiew

Extend:

- Lead students in a discussion of one thing they are worried about at school. Use the conversation to write and draw about this worry. The worries can be stored in the students' very own worry boxes. This gives them the opportunity to identify the worry but not have to live with it looming over them.
- Create comfort boxes. Gather small jewelry boxes or students fold origami boxes in which they can keep tiny notes, drawings, or special small items that provide comfort when they need it most.
- Make stress balls. Students fill their favorite color balloon with dried lentils or rice and tie the balloon off for future stress relief.
- PBS for Kids Games with Emotions (for younger students), pbskids.org/games/feelings
- PBS Learning Media: wosu.pm/emotions and wosu.pm/feelings