

Drawing with Mr. J!

A Wild New Plant

Today's challenge is "a wild new plant." Mr. J invites students to draw along as they discuss having hope. He discusses how sharing our emotions and experiences 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-Management:**

- B1. 1.a: Identify personal behaviors or reactions when experiencing basic emotions.

- B1. 3.a: Identify and begin to use strategies to regulate emotions and manage behaviors

- B2. 4.a: Discuss obstacles that can get in the way of reaching a goal and ideas for handling those obstacles

This video aligns with Ohio's Early Learning and Development Standard, Social & Emotional Development, Self-Awareness 1.b. Develops understanding of emotions (Pre-Kindergarten).

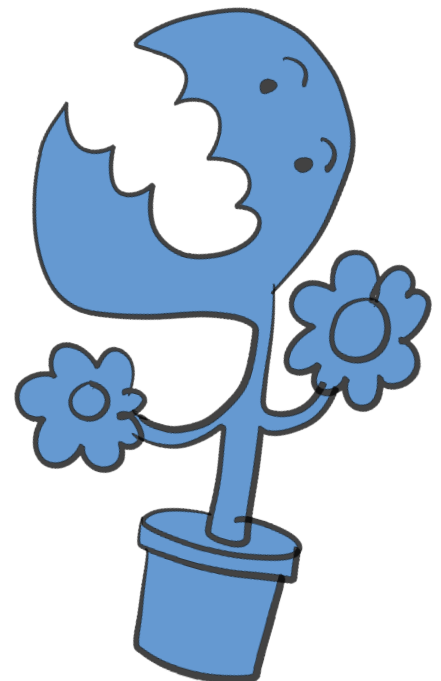
View and Sketch: *5 minutes*

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.

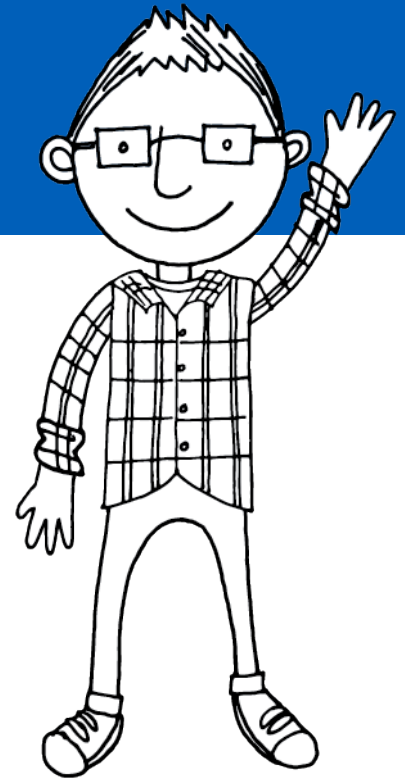
Chat: *5-10 minutes*

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 in your body when you are filled with hope? What does it feel like when you are losing hope?
- Identify what prompts our emotions. What do you hope for? What brings you hope?
- Promote awareness and/or empathy. How can you support someone else who feels frustrated or is losing hope?



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Read: 10 minutes

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

- *Hope* by Corrine Averiss and Sebastien Pelon
- *Rain Before Rainbows* by Smriti Prasadam-Halls and David Litchfield
- *The Extraordinary Gardener* by Sam Boughton

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 about hopefulness. Our class discussion focused on:

- Help students identify emotions. What does it feel like in your body when you are filled with hope? What does it feel like when you are losing hope?
- Identify what prompts our emotions. What do you hope for? What brings you hope?
- Promote awareness and/or empathy. How can you support someone else who feels frustrated or is losing hope?

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

- *Hope* by Corrine Averiss and Sebastien Pelon
- *Rain Before Rainbows* by Smriti Prasadam-Halls and David Litchfield
- *The Extraordinary Gardener* by Sam Boughton

Extend:

- Write out hopes on pieces of plantable paper. Tear up those hopes and plant them with wildflower seeds in a garden or pots. Watch those hopes grow.
- Locate a simple recipe and work as a team to bake or cook a dish. There is a lot of hope associated with cooking.
- In the middle of a paper circle, students draw something they are hopeful for. The circle can become the middle of a paper flower. Display all of the students' flowers as a garden of hopefulness.
- Students write a letter to themselves at the end of the school year about their hope for the school year: the things to be learned, the fun to be had... and keep the letter until the last days of school to be returned to students.
- PBS for Kids Games with Emotions (for younger students) pbskids.org/games/feelings.