



Drawing with Mr. J!

Fruit Dance Party Video Companion

Today's challenge is "a fruit dance party." Mr. J invites students to draw along as they identify how basic emotions, like happiness, show on our faces when we are having fun or trying something new. He discusses how sharing our emotions 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.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.1.2.b: Identify that emotions are valid, even if others feel differently

- **Social Awareness:**

- C.1.1.a: Identify facial and body cues representing feelings in others
- C.1.1.b: Identify verbal and nonverbal cues representing feelings in others

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

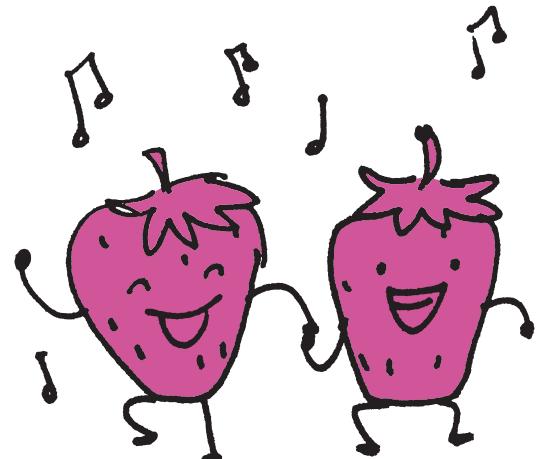
View and Sketch: *5 minutes*

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

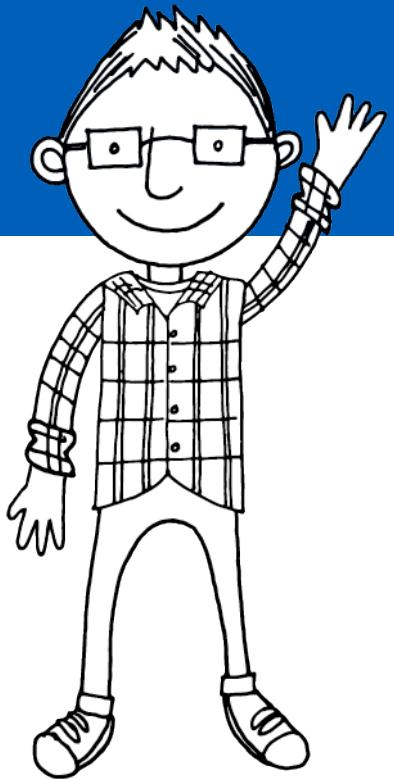
Chat: *5-10 minutes*

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 visualize (internally) what makes them happy. What makes you happy?
- Promote healthy expressions of emotion. What are some ways you show you are happy?
- Promote awareness and/or empathy. How does it make you feel to see someone else happy?



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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 Color Monster- A Story About Emotions by Anna Llenas
- The Feelings Book by Todd Parr
- Happy Right Now by Julie Berry

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 happiness, is important. Our class discussion focused on:

- Helping students visualize (internally) what makes them happy. What makes you happy?
- Promoting healthy expressions of emotion. What are some ways you show you are happy?
- Promoting awareness and/or empathy. How does it make you feel to see someone else happy?

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

- The Color Monster- A Story About Emotions by Anna Llenas
- The Feelings Book by Todd Parr
- Happy Right Now by Julie Berry

Extend:

- Gather 10-15 images of people with many different expressions and have your child identify the expressions that mostly show happiness.
- Hold a brief smiling competition. Pull out a timer and see who can keep a smile on their face the longest.
- Challenge students to look for others in the class that may be sad, and try to brighten their day with a compliment. Students may also brainstorm ways to help put a smile on someone's face.
- PBS for Kids Games with Emotions (for younger students), pbskids.org/games/feelings
- PBS Learning Media: wosu.pm/emotions and wosu.pm/feelings