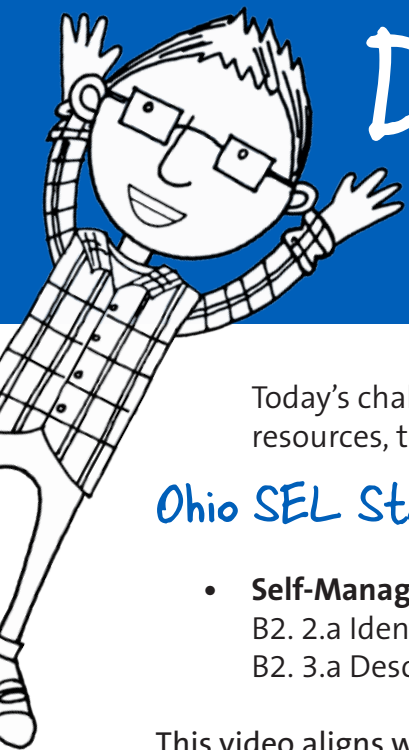




Drawing with Mr. J!

A Magical Tree

Today's challenge is "a magical tree." Mr. J invites students to draw along as they identify what resources, tools, and supports they may have to achieve their goals.

Ohio SEL Standards

- **Self-Management:**
 - B2. 2.a Identify how adults and peers can help with a goal
 - B2. 3.a Describe what action steps can be taken to reach a short-term goal

This video aligns with Ohio's Early Learning and Development Standard, Social & Emotional Development, Relationship Skills: 4.a. Develops secure, trusting relationships with adults, and 4.b. Develops socially competent behaviors with peers (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 Instagram @wosuclassroom #DrawingWithMrJ.

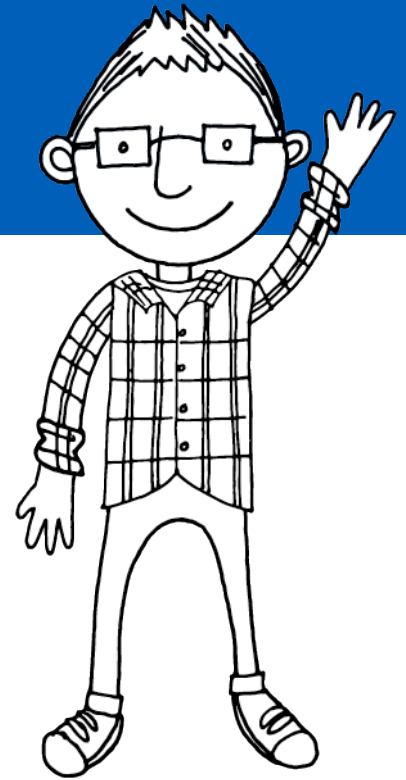
Chat: *5-10 minutes*

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.** How does your body react when you are focused on a goal? How does your body react when you are frustrated and can't seem to make progress?
- **Identify what prompts our emotions.** When was a time you felt successful upon reaching a goal you had set? When was a time you felt frustrated by something you were trying to do, and couldn't seem to get it? Did you ask for help from someone else?
- **Promote awareness and/or empathy.** Can you think of a time when you noticed someone else feeling discouraged or frustrated when trying to reach their goal? What is one way you could offer help to them?



Drawing with Mr. J!



Read: 10 minutes

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

- *The Magical Yet* by Angela DiTerlizzi and Lorena Alvarez
- *The North Star* by Peter H. Reynolds
- *Rosie Revere, Engineer* by Andrea Beaty and David Roberts

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 setting goals and seeking help when they made need it. Our class discussion focused on:

- **Helping students identify emotions.** How does your body react when you are focused on a goal? How does your body react when you are frustrated and can't seem to make progress?
- **Identifying what prompts our emotions.** When was a time you felt successful upon reaching a goal you had set? When was a time you felt frustrated by something you were trying to do, and couldn't seem to get it? Did you ask for help from someone else?
- **Promoting awareness and/or empathy.** Can you think of a time when you noticed someone else feeling discouraged or frustrated when trying to reach their goal? What is one way you could offer help to them?

We encourage you to continue the conversation at home. There are many wonderful books that explore working towards a goal, and seeking help when necessary. A few that we recommend include:

- *The Magical Yet* by Angela DiTerlizzi and Lorena Alvarez
- *The North Star* by Peter H. Reynolds
- *Rosie Revere, Engineer* by Andrea Beaty and David Roberts

Extend:

- Create a class magical tree, where each student adds a leaf stating a goal. These goals could be year-long, a semester, or any other length of time.
- Design your own board games complete with goals, challenges, side-quests, and a sense of accomplishment.
- Read a book about a great adventure, but then, before the end... stop. Have the students create what happens next. This could be their own writing, drawings, or even act out the new scenarios.
- Create classroom posters together of helpers in the classroom, the school, the community, and beyond.
- PBS for Kids Games with Emotions (for younger students) [wosu.org/pbskids/games](https://www.wosu.org/pbskids/games)