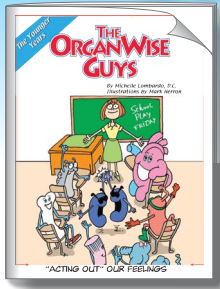




Sir Rebrum®



(Use this link to access all content.)

Read **"Acting Out" Your Feelings**

(Note: If you have an OrganWise doll or a set of beanies, start the lesson by introducing the characters and emphasizing the characters featured in today's story.)

Complete the following activity pages:

FEELINGS ARE IMPORTANT

The OrganWise Guys know how important it is to understand how we, and others, feel. Each of The OrganWise Guys is "acting out" a feeling. They need your help in making a poster about feelings for their school play. Using your best handwriting, write the correct feeling under each character in their poster. Color the frames of each poster a bright color.

Tired Nervous Happy Sad Mad

Language Arts/Reading, Emotions

COUNT ON FEELINGS

This activity is designed to do together as a class with the teacher leading. Read the first question to the students and have them write the correct answer in the box. Then as a group, sing the line of the song and count aloud while acting out the activity the correct number of times. Go on to the next question.

How many **HAPPY** Calci M. Bones are there?

If you're happy and you know it and you really want to show it, Clap your hands (the correct number of times counting aloud).

How many **MAD** Pepto the stomachs are there?

If you're mad and you know it and you really want to show it, Stomp your feet (the correct number of times counting aloud).

How many **EXCITED** Peri Statics are there?

If you're excited and you know it and you really want to show it, Shout hokey (the correct number of times counting aloud).

Math/Number Sense, Emotions

Watch the 3 short companion videos:



STRESS-O-METER.MP4



WORRYING.MP4



TALK TO A FRIEND.MP4

If time allows . . .

WISERCISE
Math/spelling desk-side physical activity

WARM-UP VIDEOS

To add physical activity using music, movement, healthy messaging and FUN, include a **Warm-up Video** on the WISERCISE LEVEL.

digital.organwiseguys.com/wisercise/warm-up-videos

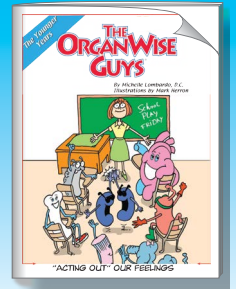
Watch **Silly Song**



SILLY SONG.MP4



"Acting Out" Your Feelings Lesson Plan (Details/Objectives)



This session is designed for 30-60 minutes depending on how much time you have. This lesson can also be broken down into 10-15 minute segments to accommodate center activities. Feel free to modify as needed.

Nutrition/Health Topics Covered:

Breakfast, good night's sleep, connecting feelings with physiology, emotional health, deep breathing for stress relief, healthy foods, high fiber, lots of water, exercise

Storybook - Lesson Objectives/Key Concepts:

- To remind children that there is no such thing as a wrong feeling
- To challenge the children to guess what feelings are being acted out
- To encourage them to 'act out' these emotions (using facial expressions)
- To encourage children to share their feelings with friends and trusted adults
- To participate in an 'active' song to encourage the expression of feelings

Activity Sheets - Lesson Objectives/Key Concepts:

- To test recall of the emotions discussed in the story
- To practice 'counting emotions' while doing an interactive activity

Short Videos/Songs - Lesson Objectives/Key Concepts:

- To reiterate the OrganWise healthy rules
- To show the power of deep breathing and exercise to relieve stress
- To encourage children to get out and exercise/play to relieve their worry
- To share a poem about the joy of talking to a friend

WISERCISE – Lesson Objectives/Key Concepts:

- To incorporate physical activity into today's lesson

Materials Needed/Suggested:

- Access to the digital platform
- Print out activity sheets if you don't have activity books
- Emotions activity book (optional)
- OrganWise Gal/Guy doll and/or set of The OrganWise Guys beanies (optional)