

LESSON TITLE: ***Helping You Talk About Feelings***

Grade Level: PreK/K-2

Delivery Mode: Classroom or other group setting

Time Allotted: 20-25 minutes

Of Participants: Class size: 10-30

Life Skill: Understanding that it is okay to be scared, learning positive responses to feeling scared, and learning to talk to someone when upset

Character Focus: Self-esteem and self-responsibility

Integrated Curriculum Concepts:

- Language Arts: Active listening, responding, increased vocabulary
- Science: Unifying concepts and processes, human anatomy and names of organs
- Social Studies: Developing self-help skills

Key Concepts:

- Emotional Health

What you need for the Lesson:

- *Helping You Talk About Feelings*
- Companion Activity Book or download the Activities Sheets found beneath the book.

Getting Ready:

- Read and familiarize yourself with the book.

Note to Helper:

- The more animated you make the story and the more genuine your reaction is to how “smart” the students are, the more engaged the students will be.
- Depending on group size, you may wish to have them gather around in a reading area as you read aloud and show illustrations.

* Reminder to check out state specific curriculum standards for this story and all OrganWise Guys materials at <https://organwiseguys.com/curriculum/>.

Lesson Plan:

What you Say:	What you Do:	What Participants Do:
Today we are going to help Hardy Heart and his friend, Sally. Listen closely because I will ask questions afterwards.		Sit quietly and listen until interactive parts of book.
What was Sally doing to make Hardy think that there was something wrong with her? (ANSWER: Not talking/listening, crying, not paying attention in class and yelled at Hardy during lunch ... any of these will do)	Call on students who have raised their hands to answer the question.	Respond and answer questions by raising hands.
What does Hardy think will help Sally? (ANSWER: Talk to an adult/Miss GoodHealth)	Call on students who have raised their hands to answer the question.	Respond and answer questions by raising hands.
Why was Sally so upset? (ANSWER: Her family is moving and she is nervous about moving away.)	Call on students who have raised their hands to answer the question.	Respond and answer questions by raising hands.
What was happening to Sally at night? (ANSWER: She was having nightmares.)	Call on students who have raised their hands to answer the question.	Respond and answer questions by raising hands.
Nightmares are not real, but they certainly feel real! What can you do to calm yourself after having a nightmare? (ANSWER: Take deep breaths, look around room to see you are safe in bed, talk to an adult ...any of the above will do)	Call on students who have raised their hands to answer the question.	Respond and answer questions by raising hands.
Have you ever talked about your feelings? <i>(Pause for answers)</i>	Wait for students to raise their hands.	Respond by raising hands if question applies to them.
Who do you talk to about your feelings?	Call on students who have raised their hands to answer the question.	Respond and answer questions by raising hands.
Does it make you feel better after you have talked to someone about your feelings?	Call on students who have raised their hands to answer question.	Respond and answer questions by raising hands.

Optional Follow-up Activities:

- Use pgs. 7, 9, and 10 in the Companion Activity Book or download the Activities Sheets found beneath the book.

