

LESSON TITLE: *“Acting Out” Our 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: Identifying and becoming comfortable with a range of emotions and identifying emotions with appropriate body language and experiences.

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:

- *“Acting Out” Our 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.
- This book is meant to be very interactive and provides various opportunities to engage the children. Ask children to guess which emotion The OrganWise Guy is acting out. The book’s text then instructs children to show their emotion via facial expressions. When possible, be sure to pay attention to the face *each* child is making, so that you can affirm him/her.

* 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 learn about feelings. The OrganWise Guys are going to be teaching you all about them! Listen closely because I am going to ask you some questions after reading the book.		Sit quietly and listen until interactive parts of book.
Start reading the book.	Encourage a lot of movement and energy from the kids as you are going through the book.	Sit quietly and listen until interactive parts of book.
Once you have completed the book ... What surprise did Miss GoodHealth announce to her class? (ANSWER: A school play for the parents)	Call on students who have raised their hands to answer the question.	Respond and answer questions by raising hands.
Name some of the feelings that are discussed in Miss GoodHealth’s classroom. (ANSWER: happy, sad, silly, mad, scared/nervous, surprised, tired)	Call on students who have raised their hands to answer the question.	Respond and answer questions by raising hands.
As a group, finish this sentence: “There is no such thing as a wrong _____” (ANSWER: feeling)	Allow everyone in the group to answer together.	Finish the sentence as a group.
What are two ways that can tell you how a person is feeling? (ANSWER: 1) The look on one’s face; 2) The way one acts.)	Call on students who have raised their hands to answer the question. (Give hints by using facial expressions if they struggle to get it)	Respond and answer questions by raising hands.
What feeling did Madame Muscle act out? (ANSWER: mad/angry)	Call on students who have raised their hands to answer the question.	Respond and answer questions by raising hands.
What feeling does Sir Rebrum act out? (ANSWER: tired/sleepy)	Call on students who have raised their hands to answer the question.	Respond and answer questions by raising hands.
What are the 2 reasons that Sir Rebrum is sometimes tired in the mornings? (ANSWER: 1) A poor nights’ sleep; 2) skipped breakfast)	Call on students who have raised their hands to answer the question.	Respond and answer questions by raising hands.
What feeling does Peri Stolic act out? (ANSWER: scared)	Call on students who have raised their hands to answer the question.	Respond and answer questions by raising hands.
What feeling did Calci M. Bone act out? (ANSWER: sad)	Call on students who have raised their hands to answer the question.	Respond and answer questions by raising hands.

What was Pepto feeling? (ANSWER: nervous)	Call on students who have raised their hands to answer the question.	Respond and answer questions by raising hands.
What feeling were the “silly” Kidney Brothers acting out? (ANSWER: surprised)	Call on students who have raised their hands to answer the question.	Respond and answer questions by raising hands.
What emotion was Hardy Heart showing? (ANSWER: happy)	Call on students who have raised their hands to answer the question.	Respond and answer questions by raising hands.
Who should you talk to if something is troubling you? (ANSWER: A trusted friend or adult)	Call on students who have raised their hands to answer the question.	Respond and answer questions by raising hands.
Can you think of any other feelings that we haven’t talked about? (ANSWER: Various answers given.)	Call on students who have raised their hands to answer the question.	Respond and answer questions by raising hands.

Optional Follow-up Activities:

- Use pgs. 5 and 6 in the Companion Activity Book or download the Activities Sheets found beneath the book.