



# Drawing with Mr. J!

## A Cool Capybara

Today's challenge is "a cool capybara." Mr. J invites students to draw along as they identify how current events can impact their emotions. He discusses how sharing all of our emotions, including worry and fear, is important.

### Ohio SEL Standards

- **Self-Awareness:**
  - A.1. 4.a: Recognize that current events can impact emotions.
  - A.1. 4.b: Describe how current events trigger emotions.

This video aligns with Ohio's Early Learning and Development Standard, Social & Emotional Development, Self-Awareness: 1.b. Develops understanding of emotions; Self-Regulation 2.a. Begins to manage emotions and actions; and Social Awareness: 3.a. Develops empathy toward and understanding of others. (Pre-Kindergarten).

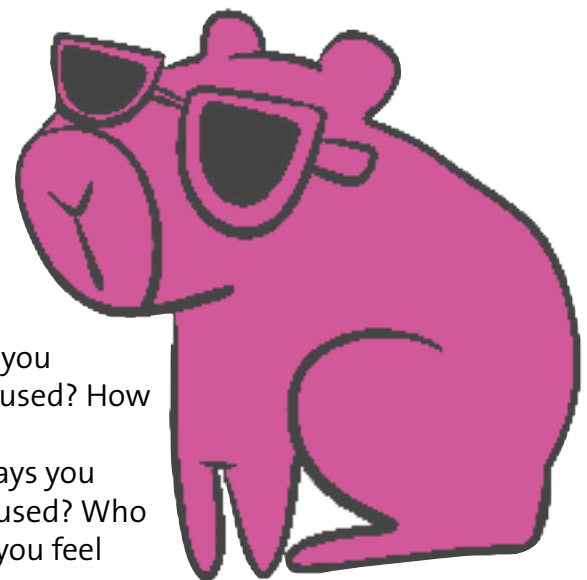
### View and Sketch: *5 minutes*

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 Instagram @wosuclassroom #DrawingWithMrJ.

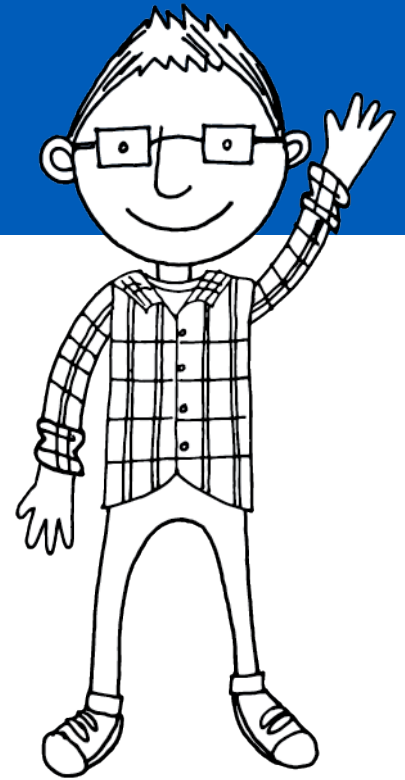
### Chat: *5-10 minutes*

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 worried, scared, or confused?
- Identify what prompts our emotions. When was a time you heard about an event that made you feel scared or confused? How were you able to process your emotions?
- Promote awareness and/or empathy. What are some ways you can support someone else when they are afraid or confused? Who is someone you can talk to about the news that makes you feel uncomfortable?



# Drawing with Mr. J!



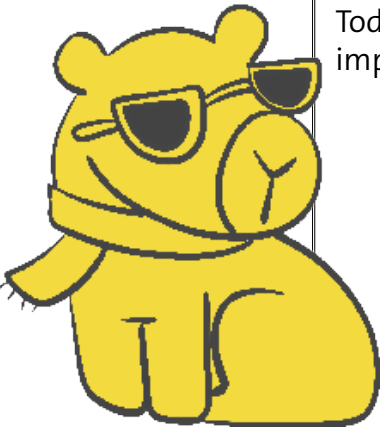
## Read: 10 minutes

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

- *Ruby Finds a Worry* by Tom Percival
- *Love* by Matt De la Peña
- *One Thursday Afternoon* by Barbara DiLorenzo
- *The Breaking News* by Sarah Lynne Reul

## 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 prompted by current events is important. Our class discussion focused on:

- Help students identify emotions. How does your body react when you are worried, scared, or confused?
- Identify what prompts our emotions. When was a time you heard about an event that made you feel scared or confused? How were you able to process your emotions?
- Promote awareness and/or empathy. What are some ways you can support someone else when they are afraid or confused? Who is someone you can talk to about the news that makes you feel uncomfortable?

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

- *Ruby Finds a Worry* by Tom Percival
- *Love* by Matt De la Peña
- *One Thursday Afternoon* by Barbara DiLorenzo
- *The Breaking News* by Sarah Lynne Reul

## Extend:

- Collect “calming stones” for students to hold onto when they may be scared or worried. They can use permanent markers to write words, short phrases, or adorable faces that may provide them future comfort.
- Make a class list of trusted adults, the helpers, in their local community.
- Create collages or drawn images of items, places, and people that bring students comfort when things get overwhelming or confusing.
- Work as a team to create a “good news” newspaper about the great things happening in the community
- PBS for Kids Games with Emotions (for younger students) [wosu.org/pbskids/games](https://www.wosu.org/pbskids/games)