

# Drawing with Mr. J!

## A Frog Hero

Today's challenge is "a frog hero." Mr. J invites students to draw along as they identify how basic emotions, like jealousy, are expressed on our faces and by our bodies. He discusses how sharing all of our emotions, including jealousy, is important.

### Ohio SEL Standards

- **Self-Awareness:**  
A.3. 2.a Seek help when faced with challenges or when frustrated with a task, skill, or situation.
- **Self Management:**  
B.1. 3.a Identify and begin to use strategies to regulate emotions and manage behaviors.

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; Social Awareness: 3.a. Develops empathy toward and understanding of others; Relationship Skills: 4.b. Develops socially competent behaviors with peers.

### 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.

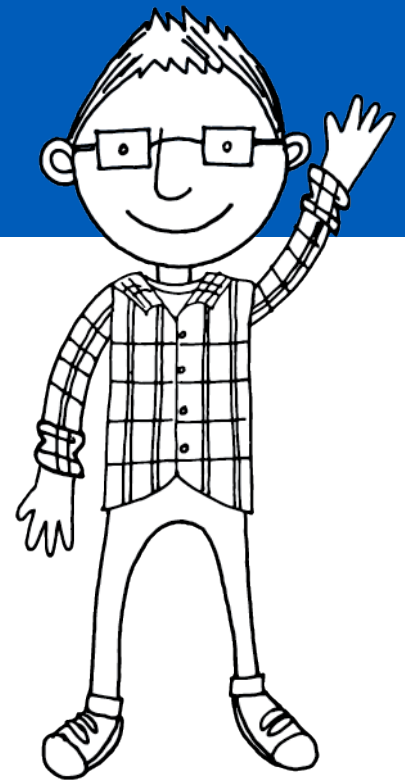
### Chat: *5-10 minutes*

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 feeling jealous of someone else's recognition?
- Identify what prompts our emotions. When was a time you may have felt jealous? How did you process those feelings?
- Promote awareness and/or empathy. How would your friend feel if they knew you were jealous of them? What is one way you can still support your friends while still recognizing your own feelings?



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## Read: 10 minutes

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

- *Unicorn Thinks He's Pretty Great* by Bob Shea
- *Awesome!* by Craig Shuttlewood
- *Lucille Gets Jealous* by Julie Gassman
- *Oliver: The Second Largest Living Thing on Earth* by Josh Crute

## 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, including jealousy, is important. Our class discussion focused on:

- Help students identify emotions. How does your body react when you are feeling jealous of someone else's recognition?
- Identify what prompts our emotions. When was a time you may have felt jealous? How did you process those feelings?
- Promote awareness and/or empathy. How would your friend feel if they knew you were jealous of them? What is one way you can still support your friends while still recognizing your own feelings?

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

- *Unicorn Thinks He's Pretty Great* by Bob Shea
- *Awesome!* by Craig Shuttlewood
- *Lucille Gets Jealous* by Julie Gassman
- *Oliver: The Second Largest Living Thing on Earth* by Josh Crute



## Extend:

- Roleplay simple scenarios that could spark feelings of jealousy and have students consider how they would respond with empathy.
- Create "jealousy jars." When students experience a jealous thought, they can place a colored bead or rock in the jar, acknowledging the feeling visually and working to move forward.
- Create compli-mats as a class. Students write their name on their own page and then everyone from the class rotates around the room, writing a compliment or something they love about the person on each paper. Celebrate all of the ways each person is special and unique! Laminate them to use for lunch/dinner placemats.
- Explore different breathing exercises and discuss how to use them when they are experiencing feelings of jealousy.
- PBS for Kids Games with Emotions (for younger students) [wosu.org/pbskidsgames](https://www.wosu.org/pbskidsgames)