

Length of Lesson: 45 minutes
(can be adjusted by tightening
discussion in *Clues In the Pictures*)



Check out SC's Learning
and Literacy Profile of
the ready kindergartner

Objective/Brief Description:
Growing and development



Materials Provided: Hand Puppets, Velcro
dots for eyes, pieces to attach to puppet



EXAMINE THE COVER

How many people do we see on the cover?

When you look at their faces and bodies what do you think they are feeling?

- Their arms are wide
- Their steps are big
- Their mouths have smiles
- **HAPPY/ GLAD/ GOOD**

How do you think they know each other?

- One is big and one is small
- They are holding hands
- **PARENT & CHILD / AUNT & NEICE / FRIENDS**

OPEN THE COVER

Look! What is inside?

The top says Sunday Monday Tuesday Wednesday Thursday Friday Saturday

What do we see in the boxes below?

- Pictures
- Xs
- Numbers

Can this be a calendar?

There is only one box without an X on it. What picture do you see?

- A gold star
- It says "Puppet Show"
- It is under the word... "Saturday"

Something special must happen on Saturday!



EXAMINE THE TITLE PAGE

Who do you think is on this page?

What time of the day does this picture show? What are the clues?

- Coffee cup
- Bed
- Stretching
- The window shows a sunny sky
- The adult is wearing a bonnet
- **MORNING!**

How do you think they feel this morning?

- Wide bodies
- Smiles
- Raised arms
- **HAPPY/ EXCITED/ GLAD**

WHAT DO FEELINGS LOOK LIKE?

Did anyone else feel happy/ glad / excited when they got up this morning?

- *What does your face do to show that you feel happy/ glad / excited?*
 - I see... (note clues they give to show)
- *Stand up! What does your body do to show that you feel happy/ glad / excited?*
 - I see... (note clues they give to show)

Did anyone wake up grumpy/ frustrated/ mad this morning?

- *What does your face do to show that you feel grumpy/ frustrated/ mad?*
 - I see... (note clues they give to show)
- *Stand up! What does your body do to show that you feel grumpy/ frustrated/ mad?*
 - I see... (note clues they give to show)

Sometimes I wake up frustrated. *Frustrated is when I do not like what is happening. When things do not work out even though I try- maybe even try over and over. Then I feel tight and heavy, so I am frustrated.*

- *Let's take a deep breath in! As we pull a deep breath in:*
 - *Try to make your face and body feel tight and heavy.*
 - *Look at our faces – do they seem grumpy?*



Sometimes I wake up glad. Glad is when I like what is happening. (Or what will happen!) Things go the way I hope they will, and I feel relaxed and light, so I am glad.

- *Let's take a deep breath in! As we blow our breath out slowly:*
 - *Try to make your face and body feel relaxed and light.*
 - *Look at our faces- do they seem happy?*
- *Now that we feel glad, let's take another breath in and slowly sit down together as we let it out.*

READ-ALOUD

IT'S TIME TO READ OUR STORY!

- Whenever the story repeats "*day would be special ...day would be splendid ...day was/is...*"
 - Leave room to encourage students to fill in the word "**SATURDAY!**"
- Whenever the story says "**ZOOM!**"
 - Invite the students to move their hands from one side to the other while saying "**ZOOM!**"
- Whenever Mother & Ava "*pause, close their eyes, and – whew! – Let out a deep breath,*"
 - Invite students to do the ritual with you.

TRY THE ACTION

AFTER THE STORY:

Let's stand up!

When things did not work out in the story, how do you think Mother and Ava felt first?

- **Frustrated!** *Remember how we made our bodies tight and heavy?*
- *Let's show "frustrated!"*

What did Mother and Ava do when things did not work out and they felt frustrated?

- **"Pause, close their eyes, and – whew! – Let out a deep breath,"**
- *Let's try that*
 - *Pause*
 - *Close our eyes*
 - **WHEW! Let out a deep breath!**

Ooh! My body feels more relaxed and lighter! Does yours?

EMOTION IN DIFFERENT PLACES

[If we go to the library ...

ZOOM (repeat the hand motion as we move to a new space in the room)

...but story hour is cancelled:

- *Try a frustrated **FACE!***
- *Then "**pause, close our eyes, and – whew! – Let out a deep breath!**"*
- *A little better.*



If we go to the salon ...

ZOOM (repeat the hand motion as we move to a new space in the room) ...but our nice hair gets splashed:

- Try frustrated **ARMS!**
- Then “**pause, close our eyes, and – whew! – Let out a deep breath!**”
- A little better.

If we go to the park ...

ZOOM (repeat the hand motion as we move to a new space in the room) ...but it's too noisy for a picnic:

- Try frustrated **LEGS!**
- Then “**pause, close our eyes, and – whew! – Let out a deep breath!**”
- A little better.

If we go to the theatre ...

ZOOM (repeat the hand motion as we move to a new space in the room) ...but we forgot the tickets:

- Try a frustrated **WHOLE BODY!**
- Then “**pause, close our eyes, and – whew! – Let out a deep breath!**”
- A little better.

SOLVING OUR PROBLEM

PUPPET SHOW

When we can't GO to a puppet show... what COULD we do?

MAKE YOUR OWN PUPPETS!

- Let's try putting together puppets
- Grownups help your young person find a puppet body.
- We will share the stick-on Velcro pieces to make our own puppets!

INTRODUCE YOUR PUPPET!

- Hold up your puppet for everyone to see
- Let's all use a fun puppet voice to make our puppets say, “**hello!**”



PUPPET EMOTIONS

- *What if something happens, and things don't work out for our puppets?*
- *Let's make our puppets look and sound frustrated!*
- *What can our puppets do to help?*
- *Let's make our puppets take a deep breath in and **whew! Let out a deep breath!***
- *Hooray! Let's make our puppets laugh and dance since they feel better.*
- *That was a good puppet show!*
- *Puppets, take a bow!*

THE END

SING TO CLEAN (to the tune of "Skip-To-My Lou")

Pup-pets

Puppets away!

Pup-pets

Puppets away!

Pup-pets

Puppets away!

Puppets away my good friends!

(Repeat until all materials are replaced – encourage sing-along)

Thank you for joining me!

You all made today feel

...special, and

...splendid, and

...wonderful because I spent them with you!



Thank you for taking a few minutes to fill out this brief survey!