

Where the Wild Things Are

by Maurice Sendak

lesson plan

Length of Lesson: 45 minutes
(can be adjusted to 15-30 minutes by eliminating * items depending on the group's needs)



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



Objective/Breve description:

Discover a kinesthetic way to sort through big emotions through character play while practicing prescribed movement.

Materials Provided:

Headbands and tails for creating a wild thing character



INTRODUCTION

Circle up in the group space so all can see the cover. Ask children to share what they notice. Why would there be a boat, ocean, and trees? What about the creature on the front—what might it be doing?

The pages before the story have large leaves. Identify observed colors. What clues does this give us about a place in the story?

INTRODUCE BIG EMOTIONS

"Big emotions" are extreme feelings. When the feeling makes our bodies move and our voices loud. Some feelings can be fun, like EXCITEMENT. Some feelings can be difficult, like FRUSTRATION.

Show what our body and voice do when we feel a big, EXCITED feeling. (Try this together or demonstrate and let children recreate.) Someone might say we are "too wild."

Show what our body and voice do when we feel a big, FRUSTRATED feeling. (Try this together or demonstrate and let children recreate.) Someone might say we are "too wild."

What can we do when big feelings are too much for people around us and we need to settle?



ACTIONS IN THE BOOK

Wild can mean uncontrolled. Wild can also mean the way big animals act. (Demonstrate each of the following first, then let children mimic. This will help set a limit.)

I will show you how I roar one time.

(Roar for only 1 breath.)

Show us your one big roar!

I will show you how I gnash my teeth.

(Smile wide and open and close your mouth gently.)

Show us how you gnash teeth!

I will show you how I roll my eyes.

(Move your head by making a circle in the air with your nose.)

Show us your claws!

I will show you my claws.

(Hold curled fingers by face and say a quick, "Rah!")

Show us your claws!

BIG EMOTION CHOICES

This story happened at night. It is usually better to calm down at nighttime than to get excited. In the beginning, Max was too EXCITED. He was acting "wild." (What did "excited" look like?)

When he had to stop, it made him feel FRUSTRATED. What did "frustrated" look like?)

When we feel big emotions, we often do not make good choices.

What were things Max did in the beginning that could be unkind?

- Hitting the wall with a hammer
- Chasing the dog
- Telling his mother, "I'll eat you up!"





NOT OURSELVES

Big emotions can make us seem like we are not ourselves. We may act like a Wild Thing! Max wore his wolf suit. Other Wild Things looked very different, too. Like mixed-up animals.
LET'S PUT ON WILD THINGS COSTUMES.

SOLVING THE PROBLEM:

That's why Max was sent to his room, because he was not himself when he wore that wolf suit. He needed a break to calm down and make better choices.

Take a break in your own space when emotions get too big.

Max used his imagination to go even farther away. He pretended to go far away on a... boat! Let's try gently rocking like we are in a boat on the waves. (This can be done in our own space or on a trusted adult's lap)

Rocking helps us calm our big emotions.

When he got to the place where the Wild Things are, they made loud, big moves that were scary. But Max was not afraid. Instead, he led them on a wild rumpus!

Find our own space far away to work out the big emotions with a wild rumpus!

1. Jump up and down and howl!
2. Stretch arms up high and swing them.
3. March in place to stomp your feet. After Max:
 - Took a break in his own space
 - Rocked on the waves
 - Worked out his big moves and loud sounds

He was lonely and wanted to feel loved. When he returned, his mother left him hot soup. He started to take off his wolf suit to enjoy it.





LET'S TAKE OFF OUR COSTUMES.

Sometimes we may feel big feelings when we are hungry. So, if someone who cares gives us something to eat, we should try it.

Enjoy eating something good for our body.

(Pantomime giving out big bowls of hot soup. Don't forget to blow to cool it before our first spoonful!)

GOODBYE:

We all have big emotions sometimes, but we can work them out by taking a break, rocking, moving in our own space, or eating something good for our bodies. No matter what kind of emotions we have, big or small, we are still loved!

I loved spending time with you and this story!



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

