

Caring for Yourself and Caring for Others

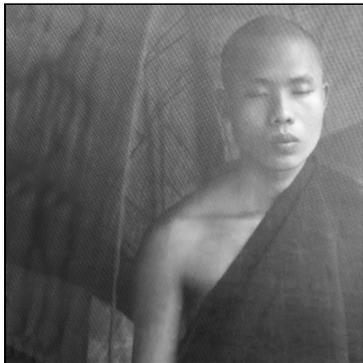
Pre-K

Have you ever been to a celebration or a party? What was it like? What food did you eat? Was there music? Games? Dancing? Celebrating special occasions and accomplishments can bring us a lot of joy!

Look closely at ***Job's Wheel of Fortune I: Wealth of Naivete*** by **NaHum Halevi** (image to the right). How do you think Job, the person on the left side of this painting, is feeling? His face is turned up to the sun, his hands are holding his heart, and he has a slight smile on his face. Job's body language is showing us he's feeling grateful and glad! Why do you think Job is feeling this way? Further away on the right side of the painting, there are many people. What do you think they are doing? How do you think they are feeling?



When have you felt glad? When have you felt grateful? Glad and grateful are two emotions, or feelings. We all have a lot of feelings! What other feelings can you name? When have you felt these things?



It looks like Job is taking a break from the celebration, perhaps to tend to the nearby animals or to have a moment of reflection. Whether we're feeling a lot of happiness, a lot of sadness, a lot of anger, or a lot of any other feeling, sometimes we need to take a moment to ourselves. We can be like Job and feel gratitude for what we have or we can take deep breaths to help us feel calm!

Look at the photograph ***Inner Peace #1*** by **Jon Kolkin** (image to the left). What do you think the person in this painting is doing? Like Job, he is taking a moment for himself. He is meditating!

Activities for Students

Read: In my Heart: A Book of Feelings by Jo Witek

Read: Glad Monster, Sad Monster by Ed Emberley

Sing: If You're Happy and You Know It

Add additional verses, such as:

- If you're sad and you know it say, "boo hoo."
- If you're scared and you know it scream, "ahhh!"
- If you're excited and you know it shout, "hooray!"

Practice Yoga and Meditation

- Yoga Pretzels: <https://www.amazon.com/Yoga-Pretzels-Cards-Tara-Guber/dp/1905236042>

- Yoga and meditation for kids:
 - <https://www.youtube.com/watch?v=fJY3bMOGjR4>
 - <https://www.youtube.com/watch?v=XAgUMTexJV&list=PL8snGkhBF7njO0QvtE97AJFL3xZYQSGh5>

Invite students to brainstorm feelings. How many feelings can they name? Prompt students with questions like, “if I heard a noise coming from the closet in the middle of the night, I might feel _____,” or, “after school today I’m getting ice cream! This makes me feel _____.”

Explore body language. Taking feelings from the classroom feelings brainstorm, invite students to show feelings with:

- Just their face
- Just their feet
- Just their arms
- With a noise

Art Making Activity

Heart Full of Feelings

Materials:

- Large paper cut into hearts
- Markers or paint and paintbrushes
 - Yellow (joy)
 - Blue (sadness)
 - Red (anger)
 - Purple (fear)
- Music with speaker (optional)

1. Give each student a heart shaped paper and a collection of markers or paints.
2. Students will draw or paint for 2-3 minutes with each color representing four different emotions.
3. Ask students to name an emotion, or prompt a specific emotion with guided questions such as, “if I heard a noise coming from the closet in the middle of the night, I might feel _____,” or, “after school today I’m getting ice cream! This makes me feel _____.” Ask students to pick up that color marker or paint brush that corresponds with that emotion (“If I heard a noise coming from the closet in the middle of the night, I might feel scared! Let’s find our blue markers.”)
4. Invite students to draw inside their heart paper, thinking about the given feeling. Encourage students to make lines that look scared/angry/joyful/sad.
5. Optional: for each feeling, play a song that might evoke the same feeling. Invite students to listen to the music and move their marker or paintbrush to the music.