



Day One: Call-and-Response

Word Garden (15 minutes)

Children will learn words as they chant and move.

Supplies

- » Word Cards printable
- » Safety scissors
- » Tape

Setup

- » Cut out the Word Cards for **sad**, **disappointed**, and **miserable**. Think of examples of times you felt **sad**, **disappointed**, and **miserable**.

Goals

- » Learn the words: **sad**, **disappointed**, **miserable**
- » Explore ways to manage feelings

Activity

1. Explain that you are going to plant a Word Garden. “Today you are going to plant **sad** words.” Show each word flower, and share its definition and pose.
2. Give examples of when you felt **sad**, **disappointed**, and **miserable**. Then ask, “When did something make you feel **sad**, when you did not feel **happy**? When did something not work out the way you wanted it to and you felt **disappointed**? When were you so super **sad** that you felt **miserable**?” If needed, offer children prompts such as, “I felt **disappointed** when I was supposed to go to the park but I couldn’t because there were thunderstorms!” or “I felt **miserable** when I was sick with the flu all weekend.”
3. Have children take turns taping the cards to “plant” the words of the week.
4. Now lead children in the call-and-response. Say each line and do the feeling pose. Encourage the children to repeat the action after you. Hold up the large pose pictures during the activity.

CALL-AND-RESPONSE:

I don’t feel happy. Boo hoo.

I feel sad, let me tell you.

Something didn’t work out. Boo hoo.

I feel disappointed, let me tell you.

Something made me feel super sad. Boo hoo.

Find books that address the feelings in this lesson. Use them to further explore and discuss the feelings.

Capture the moment! You can use a camera to take pictures of children doing each pose. Show each picture next to the corresponding Word Card in your Word Garden.