



Day One: Call-and-Response

Word Garden (15 minutes)

Children will learn problem solving strategies and review words as they chant and move.

Supplies

- » Word Garden
- » A ball

Setup

- » Think of examples when you felt **frustrated** or **disappointed** as the result of a problem and when you felt **thrilled** because you found a solution to it.

Goals

- » Review the strategy: **Breathe, Think, Do**
- » Review the words **frustrated**, **disappointed**, **thrilled**

Activity

1. Explain that this week you are going to practice solving problems. Remind children that problems can cause lots of feelings. Review the words **frustrated**, **disappointed**, and **thrilled**. Ask children to go to the Word Garden and pick these words. Practice each word's definition and pose.
2. Hold the ball in your hand and give an example of a problem that you had that made you feel **frustrated**. You might say, "One day I had a problem. I was trying to pour milk into a cup by myself, and the milk spilled everywhere! I was very **frustrated**." Now ask children to think about when they felt **frustrated**. Roll the ball to the children. Invite them to share examples. Repeat this with the words **disappointed** and **thrilled**.
3. Now lead children in the call-and-response. Hold up the large pose pictures as they do the call-and-response.

CALL-AND-RESPONSE:

When I have a problem,
I have big feelings, too.
Frustrated. Disappointed.
But I'm thrilled I can solve it,
When I Breathe, Think, Do!



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