

# Lesson Overview

## Ava and the Woeful Welliphant

### CASEL Standards:

**RELATIONSHIP SKILLS:** The abilities to establish and maintain healthy and supportive relationships and to effectively navigate settings with diverse individuals and groups. This includes the capacities to communicate clearly, listen actively, cooperate, work collaboratively to problem solve and negotiate conflict constructively, navigate settings with differing social and cultural demands and opportunities, provide leadership, and seek or offer help when needed.

### Academic Standards:

Common Core English/Language Arts Standards:

CCSS.ELA-LITERACY.W.K.8

CCSS.ELA-LITERACY.W.1.8

With guidance and support from adults, recall information from experiences or gather information from provided sources to answer a question.

CCSS.ELA-LITERACY.W.2.8

Recall information from experiences or gather information from provided sources to answer a question.

### Objective:

Use relationship skills to offer help when needed.

### Essential Questions:

How can I help others when they are sad?

### I Can:

I can offer help to others when they are sad.



# Mindful Teaching Tips

Role play with students so they can practice using their words of encouragement. In the classroom, students can work with a partner. Have students practice apologizing for being grumpy to a friend. At home, parents and children can take turns pretending to be grumpy and saying encouraging words to help the other person. Practicing these skills helps children feel more secure in reaching out to cheer up a friend or apologize for their grumpy behavior because they will now have a pattern for the process.

## Teaching Transcript

Today we will journey into the Moshi jungle to meet Ava the Rainbow Dove and her friend Dinky the Welliphant. Dinky is feeling quite down as he mopes through the jungle without a purpose. Ava rides on his back and she wants to cheer her friend.

Ava knows that Dinky is sad because his face looks like he has eaten sour fruit.

- What does your face look like when you eat sour fruit?

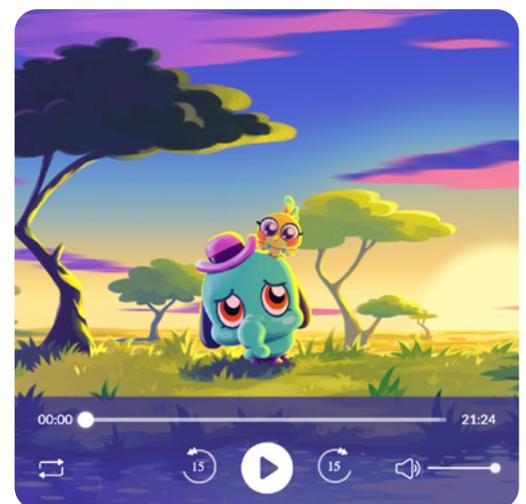
She also knows he is sad because of his eyes.

- What do your eyes look like when you are sad?
- How can you tell by looking at someone that they are feeling down or sad?

### After You Listen

While Ava is riding on Dinky's back, she asks him about his clothes. She listens carefully to her friend and then she realizes his boots are hurting his feet which is making him grumpy and sad. Dinky takes off his boots and feels much happier! He thanks Ava for her help and apologizes to her for being so grumpy by giving her a flower called an orchid.

- How do you apologize to a friend when you have been grumpy?
- How do you apologize to your parents when you have been grumpy?
- How do you apologize to your brother or sister when you have been grumpy?
- How would you want someone to apologize to you if they were grumpy?



# Home Time Activity

Ava tries different ways to help Dinky cheer up. She sings a song to him, but that doesn't work. Then she tries talking to him about his clothes. She listens carefully to his answers. She also offers Dinky words of encouragement.

What are some words of encouragement you can say to a grumpy friend?

The next time you have a friend who is sad or grumpy, use those words of encouragement to help cheer them up!

## Weekly Theme Card

It's okay to feel grumpy. We all have bad days sometimes. But it is important to know how to let go of your grumpiness and cheer up. Just like Dinky took off his favorite boots, sometimes we have to do things to help us find happiness.

Make a list of ways you can beat your grumpy blues next time they come around.

Make a list of how you can help your best friend beat their grumpy blues too!

How are the lists the same? How are they different?

Parents, place this list where you can access it the next time your child feels grumpy. Ask them to choose one way on the list to cheer up!

