

Lesson Plan: Relatable Bear...

- Overview

In Ame Dyckman's *Horrible Bear!*, illustrated by Zachariah OHora, a little girl responds angrily when a big bear accidentally breaks her kite. After the girl stomps off, she realizes her anger was unwarranted - everyone makes mistakes! In this lesson, students will learn the importance of stopping and analyzing their feelings, a very important skill at any age! (Lesson includes relaxation exercises for students and teachers who need a little help getting through "these uncertain times".)

- Resources & Preparation

- Paper and crayons for coloring
- "Insight Timer" app
- A computer or other device capable of streaming music

- Instructional Plan

- State Objectives (from the Oklahoma Academic Standards for Health Education)
 - 1.2.2 - Recognize that there are multiple dimensions of health (e.g., physical, emotional, social, environmental).
 - 4.2.1 - Demonstrate healthy ways to express needs, wants and feelings.
 - 5.2.1 - Identify situations when a health-related decision is needed (e.g., dealing with interpersonal conflict, managing anger, nutrition, safety, hygiene).
 - 7.2.1 - Demonstrate healthy practices and behaviors to maintain or improve personal health.
 - Student Objectives:
 - Defuse negative feelings before they explode
 - Practice empathy
 - Teacher Objectives:
 - Breathe
1. Together as a class, read the story *Horrible Bear!*
 2. Discuss the anger displayed in the story, both by the girl and the bear. Why were they angry? Was their anger justified?
 3. Discuss ways the girl and the bear could have handled the situation better.
 4. Ask students, "Do you remember a time you were angry? Could you also have handled that better?"
 5. Try various anger management techniques for children. "It's hard to remember these things when we get angry, but it will be easier to do that if we practice them now."
 6. Some suggestions appropriate for this age group:
 - a. Check out Insight Timer (available for free from most app stores) for free guided meditation courses. They have a section especially for kids with topics including deep breathing exercises, happiness visualizations, and more.

- b. Try a children’s yoga class (see link to awakeandmindful.com under Additional Resources).
 - c. Practice “music therapy” - select a fun or upbeat song to listen to and ask students to “color their feelings”. Afterward, talk about why the song made them think of that particular color or picture.
 - d. Practice using “I feel” statements to describe negative events (see link to pbs.org under Additional Resources).
- Additional Resources
 - "He helped us with our feelings", quotes and videos from Mister Rogers. <https://www.misterrogers.org/articles/he-helped-us-with-our-feelings/>
 - Picture book, I am Yoga by Susan Verde <https://tcl.bibliocommons.com/item/show/3912316063>
 - Picture book, Allie All Along by Sarah Lynne Reul <https://tcl.bibliocommons.com/item/show/4173093063>
 - Anger management for kids <https://copingskillsforkids.com/managing-anger>
 - Article for kids, defining stress <https://kidshealth.org/en/kids/stress.html>
 - 5 Best Kids Yoga Videos on YouTube <https://awakeandmindful.com/best-kids-yoga-videos-on-youtube/>
 - 5 Strategies to Help Kids Resolve Conflict <https://www.pbs.org/parents/thrive/5-strategies-to-help-kids-resolve-conflict>