



Lesson Six

Cross-Curricular Activities and Resources:

- 1. Music: Emotional Songs** - Tell students that at times, they may have difficulty identifying their big, stormy feelings. Explain that listening to music can serve several purposes: It can help them identify what they are feeling, and it can help difficult feelings pass. Play several songs with different emotional tones for your students. After each song, ask students to discuss how they felt when they were listening to the music. Ask them to give their opinions on whether the songs would help stormy emotions float away.
- 2. Physical Education: Dance the Clouds Away** - Explain that dancing can help stormy feelings float away. In your classroom, push the desks and tables against the walls to clear a space for dancing. Remind students to keep their hands to themselves as they dance. Then, play several upbeat songs for your students and have them dance. Let them rest for a minute between songs. At the end of the activity, ask them to share how dancing makes them feel and if they think they will try dancing the next time they are trying to manage difficult emotions.
- 3. Science: Nature Walk** - Ask students to write down how they feel right now. Then, take the class on a nature walk outside. Have them point out things that they think are interesting or beautiful. When you come back to the classroom, have students write down how they feel now. Ask volunteers to share their “before” and “after” emotions. Tell students that being in nature can help people manage their big feelings.
- 4. Art: Drawing Feelings** - Distribute paper and crayons or markers to students. Ask them to think about the last time they felt a difficult feeling, such as anger, sadness, jealousy, fear, or loneliness. Ask them to remember that feeling and where they felt it in their body. Then, have them draw a picture of themselves. Next to the picture, have them write the emotion and draw an arrow to show where they felt it in their body.
- 5. Language Arts: Emotional Poetry** - Read several short poems to students. Display the poems so students can see what poems look like. Then, have students write a poem about having stormy feelings and how they helped themselves feel better. Distribute paper and crayons and have them illustrate the poems.