

Jungle Jive

Lesson #2

Behavioral Issue:

Is easily angered, annoyed, or upset

Objective:

- Students will recognize their level of emotion.
- Students will learn appropriate coping skills.
- Students will demonstrate the ability to make healthier choices when feeling angry.

Materials:

Jungle Jive by Julie Woik

Legal size heavy stock paper or a glue the chart onto cardboard

Clothespins

Print out the chart that correlates with this lesson

Activity:

Read the Jungle Jive book to the child who will be utilizing this chart. After the reading, talk about how this Lilly the Lash book teaches us about balance. Discuss how having balance in our lives, although difficult at times, can help us feel better all the way around. Print out the chart. Show the children the different emotions, and how those emotions can be dealt with. Throughout the day, the child should put a clothespin to the right of the emotion they're experiencing. They should be sure to recognize the choices they have to react to those particular emotions.

Assessment:

Students will gain the ability to recognize their emotions and begin to control their behavior when becoming upset or angry. They'll understand the value of performing a healthy choice when experiencing inner turmoil.