

Jungle Jive

Lesson #5

Behavioral Issue:

Experiences bouts of depression

Objective:

- Students will discover a coping strategy for their feelings.
- Students will express their feelings in order to better understand how and why they function as they do.

Materials:

Jungle Jive by Julie Woik

Letter size paper

Print out the sheets that correlate with this lesson

Activity:

Read the Jungle Jive book to the child/children who will be participating in this activity. Discuss how the decisions of the Tree Bark Falls villagers created problems, and how they felt badly that they didn't maintain balance in their environment. Then talk about how they felt much better after they decided to work hard to get everything back to normal. Talk to the child about accessing their own thoughts and feelings, and writing them down in their Jungle Jive Journal. Explain the value of expressing a positive message to one's self. Help the child see the importance of finding and keeping balance in their life.

Assessment:

Students will find comfort in unleashing their feelings by writing them down. They'll learn how to talk to themselves positively, which will eventually result in a feeling of strength and empowerment; releasing negativity and depression.