

Kindergarten - 2nd: Color Me Happy!

Social-Emotional Character Development

Lesson Description:

Sometimes our emotions feel very red. Sometimes they feel rather purple. Using the characters from the movie *InsideOut*, we explore the different emotions we feel, how they can change over time, and techniques for managing strong emotions. Students will create a wheel of emotions and use color to communicate how they are feeling.

Standards:

- **SECD.P.2.1** - Identify and describe a variety of emotions.
- **SECD.P.2.4** - Identify and demonstrate techniques to manage common stress and emotions.
- **HGSS 3.3** - Compare perspectives of people in the past to those of people in the present.
- **VA.RE.7.1** - Perceive and analyze artistic work.
- **VA.RE.7.2** - Visual imagery influences understanding of and responses to the world.
- **VA.RE.8.1** - Interpret intent and meaning in artistic work.
- **VA.CN.10.1** - Synthesize and relate knowledge and personal experiences to make art.
- **VA.CN.11.1** - Relate artistic ideas and works with societal, cultural, and historical context to deepen understanding.

Materials Needed per Student:

- 1 Color Me Happy printout (included below)
- 1 box of crayons

Advanced Preparation:

- Please print out one Color Me Happy printout for each student. This page will be needed part way through the lesson. At your discretion, it can be passed out at the beginning of the session or when it is needed.
- Students will need their box of crayons throughout the entire lesson. Please have those with the students when the lesson begins.

Program Connection Information

Please use an external microphone (conference style) rather than the integrated one in the computer for the audio for your class and locate it centrally in the room. It can be difficult for the Greenbush teacher to hear the students using the computer microphone and therefore it reduces the interactive nature of the lesson. It is fine to use the computer webcam for your video source though.

All classes will take place using Zoom desktop video. You may need to download Zoom launcher software ([free download](#)) if you don't already have it. This needs to be done in advance of the lesson.

It's always a good idea to touch base with your district technology facilitator prior to your program to make sure all systems/equipment are in place and operational and no firewalls that might prevent you from connecting to Zoom.

Once you have received confirmation of your scheduled lesson, a Zoom link invitation will be sent to you via email. This invitation will be specific to your scheduled time and date; therefore it will not work for any other lessons hosted by the Greenbush Student Enrichment Department. If you have students connecting remotely, please remember to forward this invitation to them.

Once you connect, you will enter a Zoom waiting room. Your Greenbush teacher will admit you into the final meeting room.

If you have questions, please email Amie Beggs at amie.beggs@greenbush.org or Emily Joy Roth at emily.roth@greenbush.org.

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