

Potential Integration:
ELA

Health
2.MEH.1.3 Explain the influence of peers, the media, and the family on feelings and emotions.
2.MEH.1.4 Explain the influence of self-concept on performance and vice versa.

Materials:

- Book: My Many-Colored Days by Dr. Seuss
- Blank paper for each student
- Crayons / colored pencils
- 4 - 1 minute music selections representing songs with different emotions that can be found on youtube (e.g. Final 1 minute of Tchaikovsky’s 1812 Overture, Ave Maria, Ella Fitzgerald, It Don’t Mean a Thing, Kool and the Gang - Celebrate Good Times, Israel Kamakawiwo’ole - Somewhere Over the Rainbow, or other songs that may be appropriate for your group).
- Book: Stand Tall Molly Lou Melon by Patty Lovell

Focus:

Introduce & read My Many-Colored Days by Dr. Seuss. Discuss how each color of the rainbow can represent our feelings (e.g. red=anger, blue=calm, yellow=happy). Give each student a piece of paper and either crayons or colored pencils with each color of the rainbow. Ask students to silently think about what each color represents their emotions and share a few examples.

Tell students to fold the paper in half and in half again, making 4 equal rectangles. Tell students to number each box (1,2,3,4). Explain that music can also affect our emotions and feelings. Play each 1-minute clip. While the song is playing, students will quietly listen and choose a color that represents the emotion that the song reminds them of and either draw or color in the box that corresponds with the song (i.e. song 1 = box 1). Allow students another minute to finish their drawing once the music has stopped and then begin the next song.

Statement of Objectives:

In addition to what we hear or listen to, our family, our friends and what we see on TV can also affect our emotions and how we feel about ourselves. Today we will talk about how to believe in ourselves and think of a time when we stood up for our beliefs.

Teacher Input:

Review key vocabulary words for Stand Tall Molly Lou Melon by Patty Lovell (Appendix A) and ask students to listen for these words in context of the sentences. Following the story, students will do a brief matching activity to match the words with their meanings. Read Stand Tall Molly Lou Melon by Patty Lovell.

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Following the story, give each student a card with a word or phrase from Appendix A. Students will find the partner that matches the word or phrase on the card. With that partner the two students will discuss the story.

In pairs, ask students to discuss how Molly Lou Melon's grandmother made her feel special. What are things that your family says to you to make you feel special? What problems did Molly Lou Melon encounter? How did Ronald feel foolish? Ask students to share their answers with the class.

Molly Lou Melon stood tall and believed in herself. Ask students how this helped her in a new school? Ask students how they think Molly Lou Melon would have been different if she didn't believe in herself. What could have happened at her new school?

Assessment

Ask students to recall the two stories that were read, as well as the descriptive words used in Stand Tall Molly Lou Melon. Tell students to choose a writing activity:

- Write about and explain a time you felt bad or felt like you were not capable of doing well on something. What made you feel this way? (e.g. something you saw or read or something someone told you) Include details that describe your actions, thoughts and feelings, as well as words that signal the event order.
- Describe a time that you stood tall and believed in yourself. What made you feel this way (e.g. something you saw or read or something someone told you)? Students should include details that describe their actions, thoughts and feelings, as well as words that signal the event order.

Closure:

You all did a great job with your stories and vocabulary words. Don't forget to Stand Tall for the things you believe in.

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Appendix A

Proudly	Filled with self-esteem
Foolish	Embarrassed
Glee	Delight
Fumble	To make a mess of
Strong	Not easily upset
Believe in yourself	To have confidence
Joy	Happiness
Beautiful	Pretty
Stand Tall	To be brave and proud