

ROOTS AND WINGS
THIRD GRADE
LESSON TWO
(Rev. 9/03)

I. Review

- A. Ask a student to hand out nametags for you.
- B. Ask students if they remember the Warm Fuzzy story. Talk about how everyone likes Warm Fuzzies.

II. Overview

- A. We will talk about moods today. What does the word, “mood” mean? How can you tell when someone is in a good mood? A bad mood? A silly mood? A sad mood?
- B. What are some other moods that people can feel?
- C. Everyone has different moods at different times. Today we will see that sometimes our moods are the same as our friends and classmates and sometimes they are different. This is perfectly normal.

III. Program

- A. Ask students if they know that colors can make a person think of different moods? They can sometimes express how we are feeling too.
 - 1) Write names of colors on the board (reference color sheet at back of lesson for ideas), and leave a space under each color.
 - 2) Ask students what mood, attitude or feelings each of the colors suggest, and write these on the board.
- B. Ask students if they ever thought about how the colors they use when coloring might help them realize how they are feeling.
 - 1) Pass out a piece of plain white paper to each student.
 - 2) Have each student pick 2-4 colors that best describe their mood today, and then draw a picture using those colors.
 - 3) Ask for volunteers to share their pictures with the class and explain the colors they have chosen.
 - 4) If students share negative feelings/moods in their pictures, ask them if their friends could do anything to help make them feel better. Ask students **what can they do to help themselves** change their negative feeling/mood.
 - 5) Tell students that sometimes friends can help just by understanding and accepting us no matter what kind of mood we are in. That goes for us too. We need to be a good friend to ourselves and understand and accept ourselves no matter what mood we are in.

IV. Evaluate

- A. Ask students what kinds of things put them in a happy mood. What about a sad mood? A silly mood? A bad mood? (Include moods that the students have described in their drawings). These are probably similar or the same things that affect our friends’ moods too.
- B. Ask students what they might do to help a friend who is feeling bad or sad (or any other negative mood mentioned). How can they help themselves? Be sure that “understanding

and accepting our friends (and ourselves) no matter what kind of mood we are in” is included.

V. Summary

Everyone experiences different moods at different times. Sometimes our mood may be different than the other people who are around us and sometimes it may be the same. Both cases are perfectly normal. We learned though that there are things we can do to help a friend when they are feeling sad, bad, mad, or having other negative feelings. We also learned that there are things that we can do to help ourselves when we are feeling that way. Remember: we need to be a good friend to ourselves too!

MATERIALS NEEDED:

- 1. White paper for students**
- 2. “Color Words” sheet**

LESSON PURPOSE: Student will understand and accept different moods in themselves and others, and will know they can influence how they and others feel.

Objectives:

- 1. Students will be able to identify different moods.**
- 2. Students will understand that it is normal that everyone experiences different moods and that these moods are not all positive and not all negative.**
- 3. Students will identify behaviors they can do to help others that are experiencing negative moods.**
- 4. Student will identify behaviors they can do to help themselves when they are experiencing negative moods.**

COLOR WORDS

Pink

peaceful
love
nice
cute
child-like
fun

Red

strength
anger
fiery
extrovert
hot
passionate
outgoing

Purple

royal
regal
proud
haughty

Green

natural
earthy
precious
settled
gentle
jealousy
envy

Blue

cool
sad
settled
serene
responsible
calm
icy

Yellow

warm
lazy
giddy
energetic
fluttery
cheery
happy

Orange

unwell
energetic
unusual
unique
warm

White

cool
icy
soft
comfortable
fluffy
feathery
blank
innocence

Brown

nurturing
earthy
warm
responsible

Black

moody
mysterious
sad
weird
chic
depressed
authority