

Good Day Cha Cha (Lesson Plan)

Narwhals & Waterfalls

Grade Level

PreK-5th Grade

Learning Objective

I can demonstrate a growth mindset through identifying and regulating emotions.

I can demonstrate self-awareness through identifying emotions and expressing myself through movement.

Demonstration of Learning

Given the "Good Day Cha Cha" song, I can demonstrate a self-regulation by verbally identifying my feelings during the circle game.

Given the "Good Day Cha Cha" song, I can demonstrate bodily awareness through dancing the steps of the dance.

SEL Standards

Self-Awareness

Self-Management

Extension Lesson:

Shaker Version or

Use Rhythm Sticks

Resources:

N&W Song- "[Good Day Cha Cha](#)"
N&W Coloring Sheet
N&W Growth Mindset Worksheets
Small, soft dodgeball
N&W "Good Day Cha Cha" Slides

- **Greetings**
 - Greet students with a high-five, fist bump, hug, or their choice of greeting!
- **Circle Time**
 - Passing the Talking Piece-Hold up a Feelings Chart (or use the one in slideshow), and have students pass around the talking piece. When they receive the talking piece, it's their turn to share how they're feeling. If they don't want to share, they can pass it to the next student. Remember to tell them that only the person with the talking piece is allowed to speak.
- **Sing** "The Good Day Cha Cha" chorus and teach the students through call and response.
- **"The Good Day Cha Cha" Activity**
 - Roll the ball to a new student each time you sing. Personalize it by adding names- "This is gonna be a good day, I'm glad [student's name's] here today."
 - Explain that when the ball is rolled to them, they will answer these questions:
 - Do you think today is going to be a good day?
 - Why or why not? Can you still make today great even if it didn't start out that way?
- **Quote of the Day**
 - A person who never made a mistake never tried anything new. – Albert Einstein
- **Discussion**
 - Have you ever tried something new and failed? If so, how did that make you feel?
- **Explain** the difference between Growth Mindset vs. Fixed Mindset and show video. Both can be found in the slides for this lesson.
- **Growth Mindset vs. Fixed Mindset Worksheets**
 - The class will complete the Growth Mindset vs. Fixed Mindset activity found in the slides. They can write answers on the board.
 - Have students complete Growth Mindset worksheets by themselves or in small groups.
- **Dance**
 - Learn the "Good Day Cha-Cha" dance by showing them the video. Make sure they all have a partner for the high-five.
- **Cool Down**
 - Pass out "This is Gonna Be a Good Day" Coloring Sheet to color while listening to the song.

