

The Mood Song (Lesson Plan)

Narwhals & Waterfalls

Grade Level

PreK-5th Grade

Learning Objective

I can demonstrate self-awareness by identifying my emotions through art.

Demonstration of Learning

Given "The Mood Song", I can demonstrate self-awareness by identifying my emotions through art.

SEL Standards

Self-Awareness
Self-Management

Resources:

N&W Song- "[The Mood Song](#)"

N&W- "[What's Your Mood Today](#)"
Activity Sheet

N&W- "[Color the Feeling](#)" Activity
Sheet

N&W "[The Mood Song](#)" Slides

- **Greeting**
 - As students walk in, let them choose what emotion they are feeling on the mood meter.
 - Then, show them N&W's "The Mood Song" on [Youtube](#). Make sure they know to raise their hands during the song when prompted.
- **Quote of the Day**
 - "Feel your feelings, but don't let them become you."
-Dr. Ruth Ziemba-
- **Discussion**
 - Have you ever had a challenging feeling like being sad, embarrassed or angry? Explain the moment if you'd like.
 - How can you feel a feeling without letting it become you?
- Explain that It's important to identify your emotions and know that it will pass. Just because you feel angry (or sad, worried, scared) right now, doesn't mean it will last forever. The sooner you can identify your emotion, the sooner it will pass.
- **"What's Your Mood Today" Coloring Activity**
 - Give them some time to explore the emotions on the worksheet and color.
- **Circle Time**
 - Have students sit in a circle and pass around a "talking piece." This could be any item in your classroom (instrument, marker, eraser, stuffed animal...), and only the person holding the talking piece can speak. Have students bring their coloring activity to the circle. When the talking piece is passed to them, ask them to show their art to the class and explain how they're feeling today.
- Listen to the song again, and give students the chance to stand up act out all of the imagery of the song. (Kangaroo/sloth/mountain, etc.)
- Ask if anyone would like to share which part of the song they identified with and why: A mountain so high? Superhero flying through the sky? Valley so low? Sloth? They can also draw it on the board or on their own paper.
- **"Color the Feeling" Coloring Sheet**
 - Explain that they will need to match the feeling with the emoji, and then color it in.

