

It's a Good Day (Lesson Plan)

Narwhals & Waterfalls

Grade Level

2nd-5th Grade

Learning Objective

I can demonstrate self-management & growth mindset by learning how to set goals and manage expectations.

I can demonstrate fine motor skills and identify high & low by learning to play the cup routine with the "It's a Good Day" song.

Demonstration of Learning

Given the "It's a Good Day" song, I can demonstrate self-management & growth mindset by verbally identifying my feelings during the circle game.

Given the "It's a Good Day" song and cup routine, I can demonstrate fine motor skills.

SEL Standards

Self-Management

Growth Mindset

Music Standards

Fine Motor Skills

Steady Beat

High/Low

Resources

N&W Song- "[It's a Good Day](#)"
Classroom set of Cups

- **Greeting:**
 - Greet students with a high-five, fist bump, hug, or their choice of greeting!
- **Circle Time:**
 - Gather students into a circle.
 - First, start by briefly teaching them the value of a "growth mindset". Just like the song says, it's ok if every day is not great. We can use self-regulation tools to learn what to do if a day does not go the way we wanted it to. Also, today we're going to be learning a cup routine that goes with the music. You might not get it perfect the first time, but if you keep getting better with more practice! Don't give up and try not to compare yourself with other people around you! Some people will get it right away, and for others it will take longer-and that is perfectly ok! Everyone works at a different pace.
- **Quote of the Day:** "Feelings are just visitors, let them come and go. - Mooji
- **Discussion:**
 - Tell us about a great day or bad day you've had.
 - Have you ever had a medium day (not good or bad)?
 - How can we handle having a bad day?
- **Supplemental Slides:**
 - There are some slides to help you with this discussion if you'd like to take it further. With the Venn Diagram, you can write down the kid's experiences with good, bad and medium days.
 - The next slide is a journal reflection for a bad day. You can have students come up to the board and draw how they're feeling or you can just briefly talk about self-management strategies. You can also print it out for your "Calming Corner" or for any student that needs it.
- **Cup Routine Activity:**
 - **Step 1:** Give them each a cup. I borrowed stacking cups from the PE coach on our campus, but you can buy them online, such as these [Stacking cups](#). I usually teach them very slowly and use this chant to go along with it. "Clap, Clap, tap-the-cup, Clap, up, down Clap, grab, hand, down, Switch, hand, down"
 - **Step 2:** Once the students have that down, I have them watch the cup routine video and practice independently for 10 minutes.
 - Walk around to each student and see how they're progressing.
 - If students are having a hard time getting the cup routine down, remind them of having a growth mindset and it's ok if it's taking them longer than others.
 - Also, sometimes it helps if you sit side by side and work them one-on-one.
 - **Step 3:** Then, they practice in groups of 2-3 kids for 10 minutes, and then return together and try it with the video again.
 - **Step 4:** Play the cup routine with "It's a Good Day" and match it up to the song.
- **Planning for the Day/Week Ahead:**
 - Explain that it's helpful to plan your days & weeks ahead of time. That helps each day run a little smoother. You can print off these planners and show them how to plan ahead.. You could also plan an "ideal week" together as a class!
 - Ask students what their plans are for the week ahead.
- **End-of-Class Routine:**
 - Narwhals & Waterfalls "[Growth Mindset](#)" [Meditation](#)

