



# Preview - Information



Thank you for your interest in this product. Within this preview, you will see:

- ✓ A selection of Ready-To-Use Google Slides Lessons.
- ✓ A selection of worksheets included in the workbook.

When you make a purchase, you will receive a folder that contains the .pdf workbook file and a link to where you can make a copy of the Google Slides Lessons unit to your Google Drive.

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# Google Slides Lessons Preview





# Ontario Health Curriculum Mental Health – Grade 2

## 3-Part Lesson Format

### Part 1 – Minds On!

- Learning Goals
- Discussion Questions
- Quotes
- And More!

**ANIMALS AND THEIR EMOTIONS**

**LEARNING GOAL**

We are learning to **see how** animals show feelings so we can understand them better and be kind, safe, and caring when we are around animals every day.

**ANIMALS AND THEIR EMOTIONS**

**WORD SEARCH**

Find and circle the outdoor adventure words hidden in the puzzle.

Care	Happy	Sad
Body	Calm	Scared
Animal		Kind

### Part 2 – Action!

- Writing
- Matching
- Drag and Drop
- Drawing
- And More!

### Part 3 – Consolidation!

- Exit Cards
- Quizzes
- Reflection
- And More!

**CONSOLIDATION**

**QUICK DRAW**

- Name one animal you like the most.
- Draw your favourite pet showing a feeling.

# Ontario Health Curriculum Mental Health – Grade 2

## CALM BREATHING

### CHOOSE THE CALM CHOICE!

Look at each image. Write the letter that shows a mindfulness picture.

<b>A</b>	<b>B</b>	<b>C</b>	<b>D</b>	<b>E</b>	<b>F</b>
Yelling loudly	Taking deep breaths	Throwing things	Listening to Calm Music	Sitting quietly	Stomping feet

Answers

## FRIENDSHIP PROBLEMS

### QUICK TRUE OR FALSE

Read each sentence carefully. Drag the correct answer (True or False) beside each question.

- 1) Talking about feelings can help fix a problem.
- 2) Friends always understand each other right away.
- 3) A friend may feel upset if someone does not share.
- 4) Good friends do not need to listen to each other.
- 5) Understanding each other can make a friendship stronger.

True

False

## SMART CHOICES

Put a ✓ if the picture shows a good choice when there is no electricity.  
Put an X if the picture shows a poor choice when there is no electricity.




# Ontario Health Curriculum Mental Health – Grade 2

## GROWING LIKE PLANTS

### QUICK TRUE OR FALSE

Read each sentence carefully. Drag the correct answer (True or False) beside each question.

- 1) Plants can grow without water and sunlight.
- 2) Plants need care and love just like people do.
- 3) Seeing a plant grow can make us feel happy and proud.
- 4) Taking care of plants can help them grow strong and healthy.
- 5) Seeds grow into plants right away with no time needed.

True

False

## WEATHER WORD SEARCH

Find and circle the weather & our feelings words hidden in the picture.

A	W	I	N	D	Y	H	M	
C	A	W	H	E	M	S	A	D
C	R	S	U	N	N	Y	P	U
A	M	M	U	D	Y	R	P	V
L	Q	I	I	C	H	G	Y	Z
M	S	L	M	O	D	U	S	B
Z	L	E	X	L	A	Z	J	Q
U	M	G	F	D	P	D	T	T

Smile	Cold	Warm
Windy	Calm	Sunny
Sad		Happy

## PUZZLE

Use the clues and Down clues to place each word in the right spot.

1										

M	U	T	W	A	C	A	O
A	Y	L	D	I	S	H	L
S	A	R	P	C	N	X	D
G	N	Y	S	U	T	P	F

**Across**

- 4) feeling relaxed
- 6) music that is \_\_\_\_ keeps us calm
- 7) we may cry when we feel \_\_\_\_
- 8) when we are mad

**Down**

- 1) moving very quick
- 2) feeling good and joyful
- 3) something we can hear
- 5) sounds we can hear



# Workbook Preview



# Grade 2 – Health

## Mental Health

D1. demonstrate an understanding of factors that contribute to healthy development;

D2. demonstrate the ability to apply health knowledge and social-emotional learning skills to make reasoned decisions and take appropriate actions relating to their personal health and well-being;

D3. demonstrate the ability to make connections that relate to health and well-being and how these connections can be used to make informed decisions and take appropriate actions.

**Preview of 65 pages from  
this product that contains  
103 pages total.**

<b>D1.6</b>	demonstrate an understanding of how a person's body and brain respond to challenging or uncomfortable situations (e.g., they may feel tired, easily overwhelmed, confused, or overstimulated; they may want to cry or they may have very intense feelings; they may get a headache or feel hot), and describe what they can do to feel better at those times	6 – 43
<b>D2.5</b>	explain how understanding and being able to name their feelings (e.g., happy, relaxed, calm, uncomfortable, sad, angry, frustrated, scared, worried) can help in knowing when they might need to get help	44 – 72

NAME: \_\_\_\_\_

# MENTAL HEALTH



# Animals and Their Emotions

## How Animals Show Us They Are Happy or Sad

Animals have feelings just like us. They cannot talk, but they show us how they feel in different ways.

### Ways Animals Show Emotions

- A happy dog wags its tail.
- A purring cat is content.
- A scared rabbit might hide.



## Animals Feel Stress Too

When animals are stressed, they act differently. A stressed bird might fly away. A worried dog could bark a lot. Understanding animal emotions helps us be kinder and more patient with them.

## Learning from Animals

Seeing how animals show their emotions helps us understand our own feelings. When we feel scared or happy, we can think about how animals show these feelings. This helps us learn about ourselves and be better friends to animals.

By understanding animal emotions, we can grow to be more caring and empathetic, just like we are with our friends and family.

## True or False

Is the statement true or false?

1. Dogs wag their tails when happy.	True	False
2. A scared rabbit might hide.	True	False
3. Birds never fly away when stressed.	True	False
4. Animals cannot feel emotions like humans.	True	False
5. A purring cat is feeling content.	True	False

Direction: Read each sentence and circle happy, sad, or scared to show the feeling.

1	A dog wagging its tail	Happy	Sad	Scared
2	A cat hiding under a chair	Happy	Sad	Scared
3	A rabbit shaking and hiding	Happy	Sad	Scared
4	A bird flying away quickly	Happy	Sad	Scared
5	A cat purring while resting	Happy	Sad	Scared

## Question

Why is it important to understand how animals feel?

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Name: \_\_\_\_\_

8

**Instructions**

Read the animal emotion and tell students how to act when that animal is feeling that emotion.


Animal/Emotion	Animal Behaviour When Feeling That Emotion
1. Dogs - Excitement	Dogs often show excitement by wagging their tails, jumping up, and barking happily.
2. Cats - Curiosity	Cats display curiosity by exploring new spaces, sniffing around, and attentively following movements with their eyes.
3. Rabbits - Anxiety	An anxious rabbit may thump its hind legs, hide, or freeze in place.
4. Birds - Joy	Birds may express joy through singing melodious tunes and engaging in playful flights.
5. Fish - Stress	Stressed fish might swim erratically or hide at the bottom of the tank.
6. Horses - Contentment	Content horses may have a relaxed posture, gently swishing their tails, and nuzzle people or other animals.
7. Elephants - Grief	Elephants show signs of grief, like lingering around the deceased, making mournful sounds, or showing a lack of interest in surrounding activities.
8. Dolphins - Playfulness	Dolphins exhibit playfulness by leaping out of water, engaging in games with other dolphins, and playing with objects or even bubbles.
9. Cats - Annoyance	When annoyed, cats may swish their tails, flatten their ears, or give a warning hiss.
10. Dogs - Fear	A fearful dog might tuck its tail, lower its body, and hide behind its owner.
11. Monkeys - Happiness	Happy monkeys often show playfulness, grooming each other, and making vocalizations that resemble laughter.
12. Parrots - Loneliness	Lonely parrots may pluck their feathers, become quiet, or repetitively call for attention.
13. Guinea Pigs - Comfort	Comfortable guinea pigs might purr softly, especially when petted or cuddled.
14. Lions - Aggression	An aggressive lion may growl, show its teeth, or make dominant postures.
15. Butterflies - Calmness	Calm butterflies often rest quietly on flowers or leaves, gently fluttering their wings.

# Emotions in Animals


**Think** Circle which emotion the animal might be feeling



Happy



Happy      Sad



Angry      Nervous




Scared      Joy



Curious



Sad      Tired



Aggressive      Calm



Joy      Fear




Upset      Happy



Calm      Scared



Playful      Annoyed



Angry      Sad

**PREVIEW**

## Story: Lost Toy Adventure

### The Story of a Lost Toy

Once, a girl named Leila had a favourite toy, a blue teddy bear named Bluey. One day, Bluey was lost. Leila felt very sad and missed Bluey a lot.

Her mother saw her sadness and said, "It's okay to feel sad, Leila. I feel sad sometimes." Leila nodded, knowing it was important to share her feelings.

Together, they looked for Bluey. They searched high and low but could not find him. Leila started to feel better, realizing she had her brother's support.

In the end, even though Bluey was not found, Leila learned important lessons:

- Expressing Emotions: It is okay to feel and talk about our emotions when we lose something dear.
- Support Matters: Having family and friends around us can make hard times easier.
- Moving Forward: It is important to remember the good times but also to keep going and find joy in new things.

Leila smiled, grateful for the memories and the lessons learned.



**True or False**

Is the statement true or false?

1) Leila felt sad after losing Bluey.	True	False
2) Sam helped Leila by searching for Bluey.	True	False
3) It is wrong to feel sad about lost things.	True	False
4) Leila learned it is okay to express emotions.	True	False
5) Leila ignored her feelings.	True	False

Fill in the Blanks Write the missing word.

1) Leila felt _____ losing Bluey.	Sad	Happy
2) Bluey was Leila's favourite _____.	Toy	Book
3) Leila learned it is okay to _____ emotions.	Hide	Express
4) Leila and Sam could not _____ Bluey.	Find	Hide
5) Feeling sad about lost things is _____.	Normal	Wrong

**Question**

What did Leila feel after losing Bluey?

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## Activity – Mindfulness Breathing Exercise

### Objective

What are we learning about?

To help students learn and practice simple mindfulness breathing techniques, aiding them in understanding how to calm themselves in challenging or uncomfortable situations.

### Materials

What you will need for the activity.

- A comfortable space
- A timer or phone
- Calming background music (optional)



### Instructions

How you will complete the activity

1. Have the students sit in a comfortable position in a quiet space.
2. Explain that they will learn how to breathe mindfully so that they feel calm.
3. Show them how to sit straight and place their hands on their knees.
4. Instruct them to close their eyes gently, if they are comfortable.
5. Guide them to take a deep breath in through their nose, counting to three.
6. Then, have them breathe out slowly through their mouth, counting to three again.
7. Repeat this breathing pattern for a few minutes, using a timer to keep track.
8. Remind them to think about how their breath feels as they inhale and exhale.
9. At the end, ask them to slowly open their eyes and notice how they feel.
10. Encourage them to use this technique whenever they feel upset or stressed.

**Reflection**

Answer the questions below.

1) How did you feel before the breathing exercise?

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2) How do you feel after the breathing exercise?

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3) Did you notice any changes in your body while you were breathing?

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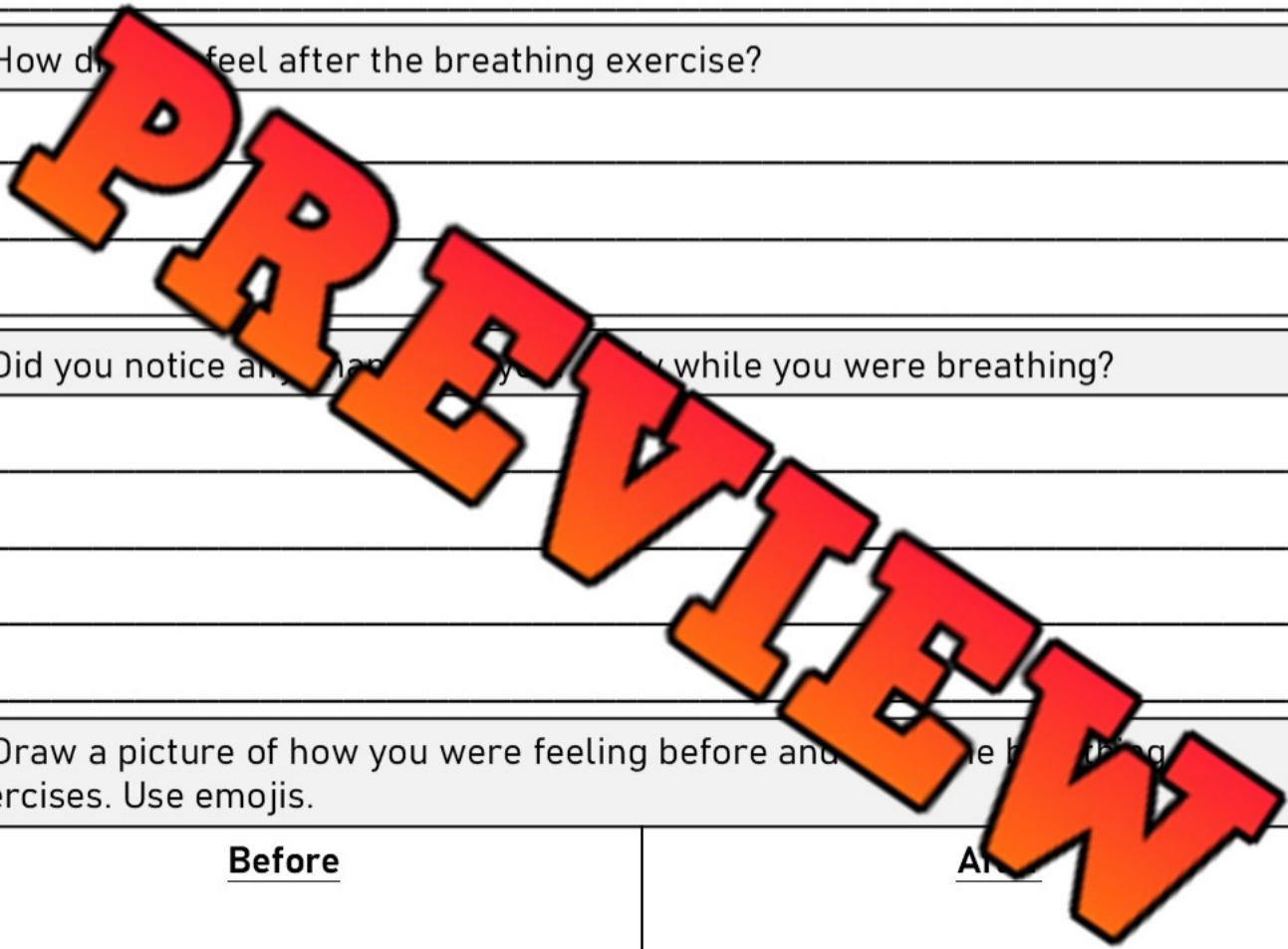
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4) Draw a picture of how you were feeling before and after the breathing exercises. Use emojis.

Before

After



# Understanding Friendship Challenges

## When Friends Misunderstand

Sometimes, friends do not understand each other. This can make them feel sad or upset. It is like when Alex thought his friend Lily was mad at him because she did not share her crayons. But Lily was worried about her crayons breaking.



## Feelings in Friendship

- Feeling sad when a friend does not share.
- Being worried about a friend's feelings.
- Getting confused when friends have different feelings.

## Solving Friendship Problems

Alex and Lily talked about their feelings. Alex said, "I feel sad because you did not share." Lily said, "I was worried my crayons would break, but we can be friends." They understood each other and felt happy again.

## Lessons in Friendship

- Talking helps solve misunderstandings.
- It is okay to feel different emotions.
- Understanding each other makes friendship stronger.

Remember, good friends always try to understand and care for each other's feelings.

True or False

Is the statement true or false?

1. Alex thought Lily was mad at him.	True	False
2. Alex felt sad because Lily did not share her crayons.	True	False
3. Misunderstandings can make friends upset.	True	False
4. Talking about feelings solves no problems.	True	False
5. Understanding each other makes friendship stronger.	True	False

Direction

if it shows good friendship and 😊 if it does not.

Question

How did Alex and Lily solve their problem?

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## Exploring a Day with No Electricity

### What if the Power Goes Off?

Think about a whole day where everything that needs electricity cannot work. No lights, TV, or computer games. What would you do?



### Our Power is Gone

- Morning: If it rains, we might sleep in and then enjoy breakfast without a toaster. We can wave.
- Fun Time: Instead of watching TV, we can play outside, draw, or read books.
- Evening: When it gets dark, we use candles and lanterns for lights, making shadow puppets on the wall.

### Feelings and Learning

At first, it might seem scary or boring without electricity. But soon, we find new, fun things to do. We learn that change is okay, and we can always find ways to be happy and have fun, even without our usual gadgets.

This day teaches us to be creative, solve problems, and enjoy time with family and friends. It is a great chance to see that even when things are different, we can still make the best of our day!




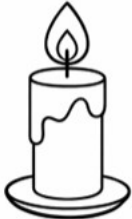




True or False

Is the statement true or false?

1. We can only play outside if we have electricity.	True	False
2. Candles and flashlights are used in the dark.	True	False
3. Video games work when there is no electricity.	True	False
4. It's okay to feel different when things change.	True	False
5. We can make shadow puppets without power.	True	False

Think

Circle things you need during an electricity outage.

Question

What are two things you can do when there is no electricity?

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**Scenarios**

Answer the power outage questions below.

#	Scenario Description	Yes	No
1	Will your alarm clock go off if the power is out?	Yes	No
2	Will your toaster work without power?	Yes	No
3	Is it possible to feel scared without electricity?	Yes	No
4	Can you watch TV during a power outage?	Yes	No
5	Can you play video games if the power is out?	Yes	No
6	Can we read books if the power is out?	Yes	No
7	Can we use flashlights when the power is out?	Yes	No
8	Should we be bored all day if there is no power?	Yes	No
9	Is making shadow puppets a good evening activity?	Yes	No
10	Can we try new games in a power outage?	Yes	No
11	Is it impossible to have fun without power?	Yes	No
12	Can we solve problems creatively when the power goes off?	Yes	No
13	Can we enjoy time with family during a power outage?	Yes	No
14	Is using flashlights a good idea when the power is out?	Yes	No
15	Can a day without power teach us new things?	Yes	No

## Music and Our Feelings

### The Magic of Music

Music is a special kind of magic that can change how we feel. It is like a key that unlocks different emotions, helping us on both good and tough days.



### Feeling Through Different Music

- Happy Music: Songs with lively beats make us want to dance and smile.
- Calm Music: Gentle, slow music can help us, making us feel peaceful or ready for a nap.
- Sad Music: When we are feeling down, slow songs and tunes can be comforting.

### Music, Our Emotional Companion

Music is like a powerful friend who understands us. It lifts our spirits when we are sad and adds joy when we are happy. If we are nervous or worried, a calming melody can bring us peace. Music helps us explore our feelings. It is amazing how it knows exactly what we need. So, whenever you feel a certain way, remember to turn on some music. It might just be the perfect thing to make your day better. Think of music as a companion that is always there, ready to make any moment better with just the right note.

## True or False

Is the statement true or false?

1. Music can change how we feel.	True	False
2. Happy music is usually slow and gentle.	True	False
3. Calm music can make us feel peaceful.	True	False
4. Sad music is always unpleasant to listen to.	True	False
5. Music can be like a friend who understands us.	True	False

## Direction

Choose a song and write how the music makes you feel.

1	A song with fast tempo makes me feel:	
2	Soft music before bedtime makes me feel:	
3	Loud music makes me feel:	
4	Slow, gentle music makes me feel:	
5	A cheerful song makes me feel:	

## Question

How does music change your mood?

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## Caring for a Pet

### Pet Care: A Big Responsibility

Having a pet is fun, but it is also a big job.

When you have a pet, you need to take care of it every day.



### Daily Care for a Pet

- Feeding: Pets need to eat just like us. Make sure they get food and water.
- Playing: Pets love to play. It keeps them happy and healthy.
- Cleanliness: Keep your pet and their area clean.

### When Pets Feel Sick

Sometimes, pets get sick or hurt. They might not eat much and can act differently. It is important to be gentle and care around them. Tell an adult if your pet seems sick.

### Caring Means Sharing Feelings

Caring for a pet helps us learn about feelings. We feel happy when they wag their tail or purr. If they are sick, we might feel sad or worried. This is called empathy – understanding how others feel. When we care for pets, we learn to be kind and helpful.

Remember, pets depend on us to take care of them. It is a special job that teaches us about love and care.

Name: \_\_\_\_\_

25

**True or False**

Is the statement true or false?

1. Pets need food and water every day.	True	False
2. Pets do not like to play.	True	False
3. You should clean your pet's home regularly.	True	False
4. Pets always show they are sick by barking.	True	False
5. Empathy is feeling what your pet feels.	True	False

**Think**

Words that show how you can take care of a dog.

**PREVIEW**

**Question**

What should you do if your pet seems sick?

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## Activity – Comfort Box Decorating

### Objective

What are we learning about?

To demonstrate an understanding of self-comforting strategies by exploring how to feel better in challenging situations.

### Materials

What you will need for the activity.

- Small boxes (one for each student)
- Markers, crayons, or paint
- Stickers or other decorative items
- Soft toys, pictures, or other comfort items
- Glue (if needed)



### Instructions

How you will complete the activity.

1. Each student starts with one small box.
2. Decorate the outside of the box using markers, crayons, or paint.
3. Add stickers or other decorative items to make your box unique.
4. Think of items that make you feel happy or safe. These could be a soft toy, a picture, or a special note.
5. Collect a few of these items that will fit inside your box.
6. Place these comfort items inside your box.
7. Once your box is decorated and filled, close it and place it at your desk.
8. Whenever you feel upset or need comfort, you can open your box and use the items inside.



## Story: Moving to a New School

**Draw**

Draw the scene from the story in the box provided.

### New Beginnings at a New School

Maya was starting at a new school. She felt a mix of butterflies and excitement in her tummy. "Will I make new friends?" she wondered. She remembered her old school and felt a little sad.

On her first day, Maya's mother gave her a big hug at the school gate. The school looked big and new. Maya took a deep breath, feeling brave and a bit nervous.

**PREVIEW**

**PREVIEW**

In her first class, Maya saw many new faces. She felt shy and stayed quiet, missing her old classmates. The teacher, Mr. Singh, noticed Maya and gave her a warm smile, making her feel a bit better.

At recess, Maya sat alone on a bench. She watched other kids playing and laughing. She wished she could join them but did not know how to start.

Then, a girl named Sofia came over. "Hi, I am Sofia! Want to play?" she asked. Maya's face lit up with a smile. She felt happy and relieved to be included.

Playing with Sofia and her friends, Maya began to feel more comfortable. They played hopscotch and tag, and Maya felt her worries start to melt away. She was making new friends!

**PREVIEW**

**PREVIEW**

During lunch, Maya and Sofia shared stories about their favorite books and games. Maya realized that even though it was a new place, she could still have fun and make great friends.

At the end of the day, Maya felt tired but excited. She had experienced so many emotions: nervousness, sadness, joy, and finally, happiness. She learned that it is okay to feel different things and that new beginnings can be fun and full of surprises.

**True or False**

Is the statement true or false?

1) Maya was excited about her new school.	True	False
2) Mr. Singh is Maya's new teacher.	True	False
3) Maya stayed sad all day.	True	False
4) Maya played hopscotch with her new friends.	True	False
5) Maya went home from her new school at the end of the day.	True	False

**Questioning**

Write questions you have after reading the text.

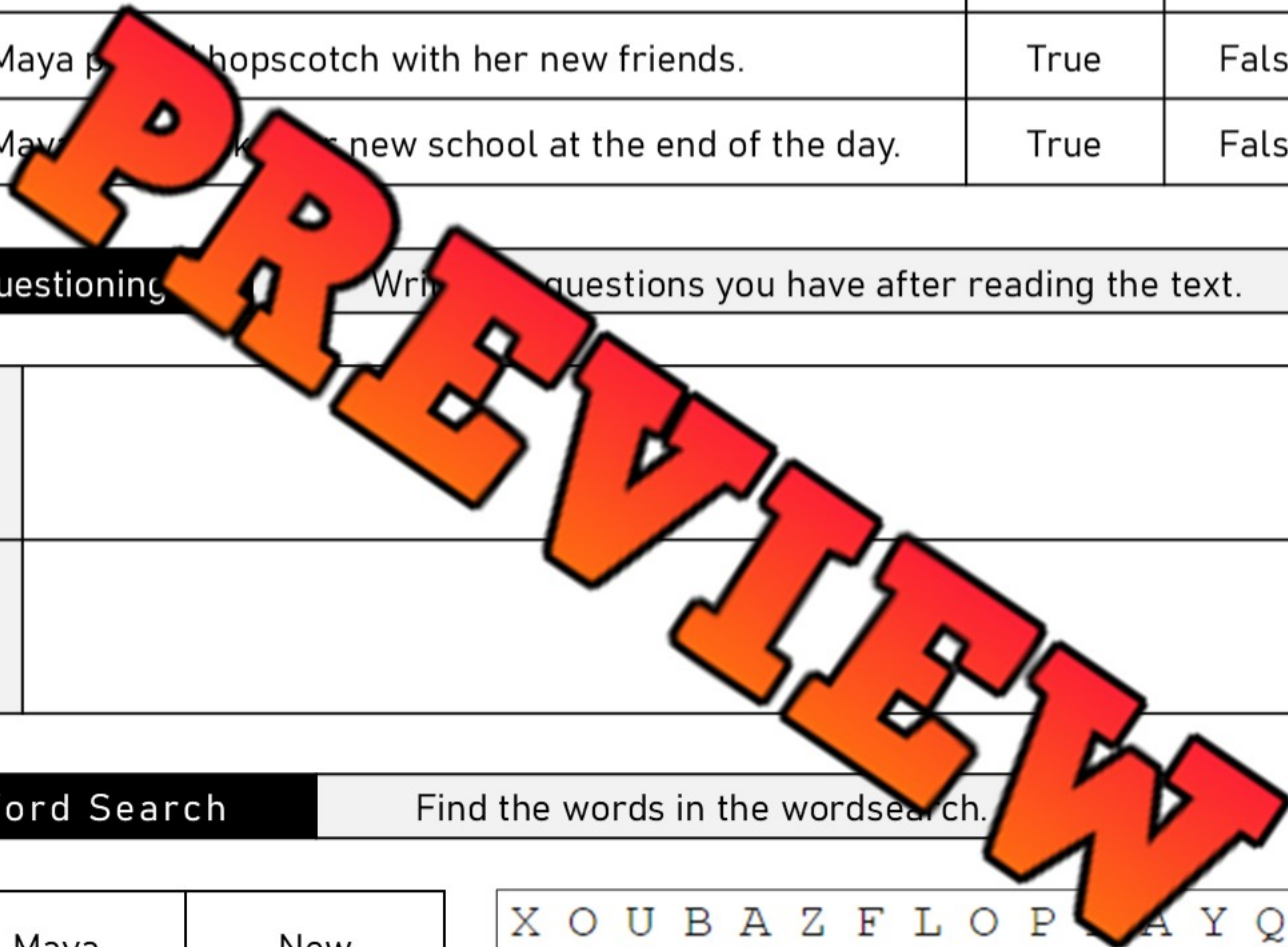
1)	
2)	

**Word Search**

Find the words in the wordsearch.

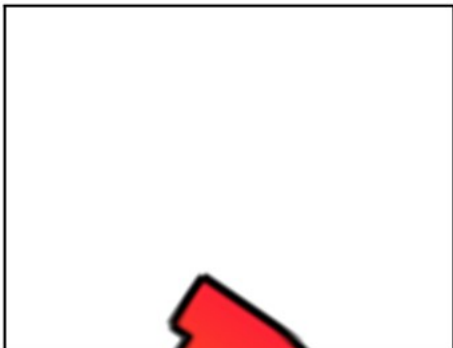
Maya	New
School	Friends
Excited	Nervous
Recess	Sofia
Play	Happy

X	O	U	B	A	Z	F	L	O	P	A	Y	Q	H	
S	Z	Q	I	H	J	W	O	B	H	S	X	N	A	U
F	R	I	E	N	D	S	Y	M	M	P	A	X	V	I
I	S	C	H	O	O	L	T	K	M	N	I	P	G	B
N	E	X	C	I	T	E	D	S	Q	N	F	H	J	D
E	A	T	S	N	E	R	V	O	U	S	O	H	B	B
W	Q	U	E	R	E	C	E	S	S	J	S	A	S	H
M	S	W	A	O	W	F	B	U	R	H	G	P	V	X
D	G	Q	L	F	O	P	A	B	K	B	L	P	R	V
J	A	I	M	A	Y	A	W	Z	F	J	B	Y	S	H



**Directions**

Draw three emotions Maya felt at her new school



Nervous about the new



Joy in making friends



Happiness in new beginnings

**Complete**

Fill in the blanks.

1)	Maya was starting at _____.	New	Old
2)	She felt _____ and _____.	Confident	Nervous
3)	Sofia invited Maya to _____.		Play
4)	They played _____ and tag _____.	Handscissors	Basketball
5)	Maya felt _____ at her new school at the end.	Happy	

**Question**

What did Maya feel on her first day at the new school?

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## Story: Lila's Adventure: Friendship Quest

### Lila's Adventure: A Tale of Understanding

Once upon a time in a faraway land, there was a kind-hearted princess named Lila. She lived in a beautiful castle surrounded by a magical forest. One day, a mischievous dragon took the castle's treasure, leaving Lila feeling very sad and worried. But instead of giving up, brave Lila decided to find the dragon and understand his feelings.



As she journeyed through the forest, she met a talking rabbit named Benny. "Why so glum?" asked Benny. Lila explained her situation, and Benny, moved by her kindness, decided to help. Together, they found the dragon, who, to their surprise, looked lonely and sad. Lila gently asked, "Would you like to take our treasure?"

The dragon replied with a sigh, "I thought it would make me happy, but it did not." Lila listened carefully and realized the dragon felt lonely and just wanted friends. With a smile, Lila, Benny, and the dragon returned the treasure to the castle and became great friends.

From that day on, the dragon never felt lonely again, and Lila learned that understanding others' feelings can turn challenges into lasting friendships. The dragon discovered that true happiness comes from the joy of friendship, not from treasures.

## True or False

Is the statement true or false?

1) Lila was a kind-hearted princess.	True	False
2) Benny was a talking dragon.	True	False
3) The dragon felt happy with the treasure.	True	False
4) Lila and Benny became friends with the dragon.	True	False
5) Lila understood the dragon's feelings.	True	False

## Sequencing

Number the events from 1 to 5 in the order they happened in the story.

	Instead of getting the treasure, Lila decided to find the dragon.
	They found the dragon, who was sad because he felt lonely.
	Lila, Benny, and the dragon returned the treasure and became friends.
	Lila lived in a castle and felt sad when a dragon took the treasure.
	On her journey, Lila met a talking rabbit named Benny.

## Question

How did Lila and Benny help the dragon feel better?

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## Activity – Role-Play Scenarios

### Objective

What are we learning about?

To help students understand and empathize with how others might feel and react in different emotional situations.

### Materials

What you will need for the activity.

- Scenario cards with various emotional situations written on them
- A designated area for role-play
- Simple props or costumes (optional)



### Instructions

How you will complete the activity

1. Gather students in a circle and explain the role-play activity.
2. Divide students into pairs or small groups and give them scenario cards. These cards describe different situations that evoke emotions.
3. Give them a few minutes to read their scenario and think about how they would act it out.
4. One group at a time, students act out their scenario in front of the class.
5. After each role-play, ask the rest of the class to guess the emotions being portrayed.
6. Discuss how the characters in the scenario might feel.
7. Talk about different ways to respond in such situations.
8. Encourage students to consider how they would feel in each scenario.

## Cards

Cut out the scenario cards and hand them out to students

- 1 Jamie finds a wallet on the playground and shows it to Max.
- 2 Emma spills water on Sara's drawing by accident.
- 3 Noah and Ethan build a tall tower that falls down.
- 4 Lily and Mia both want to be the line leader today.
- 5 Noah and Mia cannot agree on which game to play at recess.
- 6 Tina and Omar are partners on a project but Tina forgot her part at home.
- 7 Ethan, Ava, and Kai make a big fort but it only lasts for a few minutes.
- 8 Leah is sad and her friends try to cheer her up.
- 9 Sam, Ben, and Zoe find a stray dog while walking home.
- 10 Riley and Taylor both reach for the last piece of pizza at the same time.

**PREVIEW**



# Growing in the Garden

## What is Gardening?

Gardening is when we plant seeds in the soil and take care of them. Over time, these seeds grow into flowers, fruits, or vegetables. Just like us, plants need water, sunlight, and love to grow.



## Feelings in Gardening

While we garden, we feel many emotions:

- **Excitement:** When you plant a seed, you feel excited about what it will become.
- **Patience:** We learn to wait, as plants take time to grow.
- **Joy:** Seeing the first sprout or flower makes us happy.

## Growing Like Plants

Gardening teaches us about growing and changing. Here is how:

- **Starting Small:** Just like seeds, we start small and grow big.
- **Needing Care:** We all need care and love to grow well.
- **Changing Over Time:** We change and learn new things, just like plants grow leaves and flowers.

## Lessons from the Garden

Gardening shows us that taking care of something makes it grow beautifully, just like taking care of ourselves helps us grow into wonderful people.

Name: \_\_\_\_\_

True or False

Is the statement true or false?

1. Gardening is only about planting flowers.	True	False
2. Plants need water and sunlight to grow.	True	False
3. We feel excited when planting seeds.	True	False
4. Gardening does not teach us about patience.	True	False
5. Seeing a plant grow brings us joy.	True	False

Identify

Draw a line from each tool to its appropriate picture.

Watering can	Gloves	Rake	Trowel	Shovel
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Question

What are two things plants need to grow?

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# Exit Cards

**Cut Out** Cut out the exit cards below and have students complete them at the end of class.

Name: \_\_\_\_\_

Colour all the words that show plants you can grow in a garden.

Rose	Shoes	Tomato
Banana Tree	Table	Lettuce
Apple Tree	Carrot	Plastic Bottle
Spinach	towel	Book
Rock	Mango Tree	Corn

Name: \_\_\_\_\_

Colour all the words that show plants you can grow in a garden.

Rose	Shoes	Tomato
Banana Tree	Table	Lettuce
Apple Tree	Carrot	Plastic Bottle
Spinach	towel	Book
Rock	Mango Tree	Corn

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Name: \_\_\_\_\_

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Rose	Shoes	Tomato
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Spinach	towel	Book
Rock	Mango Tree	Corn

## Story: Superhero Courage

### Superheroes Handling Fear

In a colourful city, there was a superhero named Captain Brave. He was strong and bold, but sometimes even Captain Brave felt scared.



One night, a loud noise startled Captain Brave. He was hearing a sound with fear. "It is okay to be scared," he reminded himself.

Captain Brave took deep breaths and thought of his happy place, a peaceful beach. He felt his fear go away.

Soon, his friend, Lightning Lucy, arrived. She admitted she was feeling scared too. They talked about their fears and felt stronger together.

From this night, they learned three valuable lessons:

- Fear is Normal: Even superheroes feel scared sometimes.
- Share Your Feelings: Talking about fear with friends can make you feel stronger.
- Find Peace: Deep breaths and happy thoughts can help you overcome fear.

Captain Brave and Lightning Lucy smiled, knowing bravery is not about never being scared, it is about facing fear head-on.

**True or False**

Is the statement true or false?

1) Captain Brave felt scared one windy night.	True	False
2) Deep breaths can help with fear.	True	False
3) Lightning Lucy also felt scared.	True	False
4) Fear is unusual for superheroes.	True	False
5) Captain Brave and Lightning Lucy ignored their fears.	True	False

**Fill in the Blanks**

Write the missing word.

1)	Captain Brave felt _____ on _____ night.	Scared	Brave
2)	Talking about fear can make you _____.	Weaker	Stronger
3)	Captain Brave took deep, _____ breaths _____.	Slower	Fast
4)	Captain Brave thought of his _____ place _____.	Happy	Scary
5)	Fear is _____ for superheroes.	Normal	Unusual

**Question**

What did Captain Brave do when he felt scared?

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## Activity – Story Time and Discussion

### Objective

What are we learning about?

To help students understand the link between emotions and physical responses by discussing how a character in a story felt and what they did to feel better.

### Materials

What you will need for the activity.

- A children's book featuring a character experiencing a range of emotions
- A comfortable reading space



### Instructions

How you will complete the activity.

1. Gather the students in a comfortable reading space.
2. Introduce the book you will be reading, mentioning that it's about different emotions.
3. Read the story aloud, making sure to show the pictures and describe the emotions in the story.
4. After reading, ask the students to remember different emotions the character felt.
5. Discuss why the character felt those emotions.
6. Talk about what the character did to feel better.
7. Ask the students if they have ever felt like the character and what they did.
8. Conclude by reinforcing that it's normal to have different emotions and there are ways to feel better.

Name: \_\_\_\_\_

47

**Title: "Ellie's Day of Ups and Downs"**

Once upon a time, there was a little elephant named Ellie. Ellie woke up feeling very excited because today was her birthday! She wore her favourite red hat and went outside to play.

But when she got to the park, she felt sad because her friends were late. Ellie saw her trunk drooping a little. Suddenly, she saw her friends coming and she felt happy again!

They played lots of games. When she lost the sack race, she felt angry. She stomped her foot and took deep breaths until the angry feeling went away. Then, Ellie felt proud when she won the treasure hunt game.

When it was time to go home, Ellie felt scared because she couldn't see her red hat. She searched everywhere and finally found it. Feeling relieved, she put on her hat and smiled.

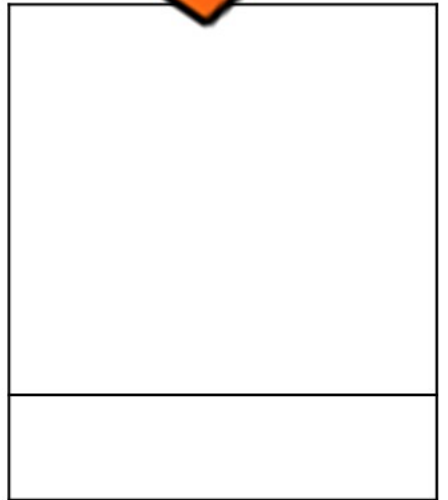
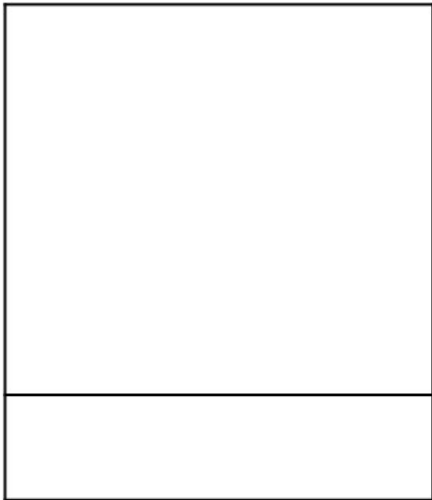
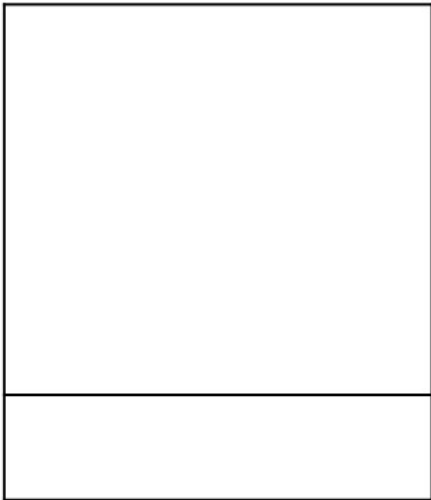
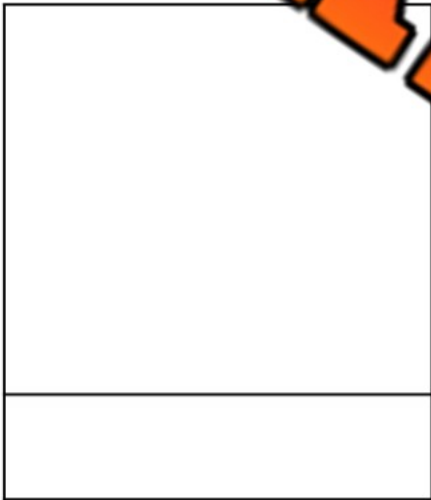
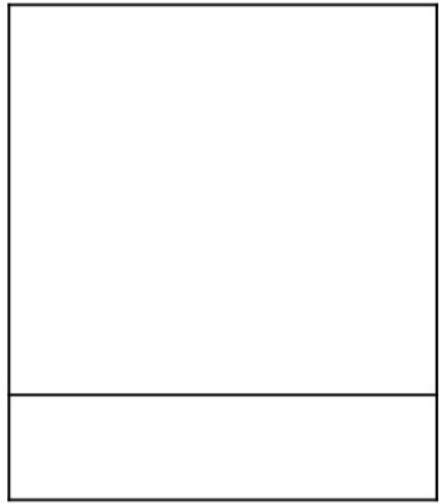
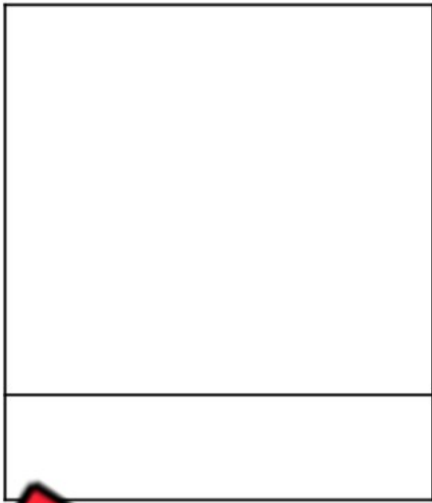
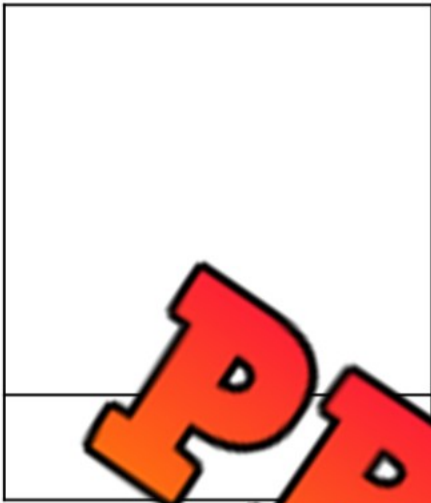
At home, Ellie felt tired after her big day. She hugged her mom and felt loved. Ellie learned that it's okay to feel many things, and there's always a way to make a sad feeling better, like a hug or a deep breath.

And they all had a slice of birthday cake, ending the day with a sweet taste and sweet dreams.

Name: \_\_\_\_\_

Draw

Draw the different emotions Ellie felt throughout the story. Label the emotions



**PREVIEW**

Reflection

Answer the questions below.

1) How did the character in the story feel at different times?

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2) How did you feel about the character?

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3) What can you do when you feel sad, angry, like the character?

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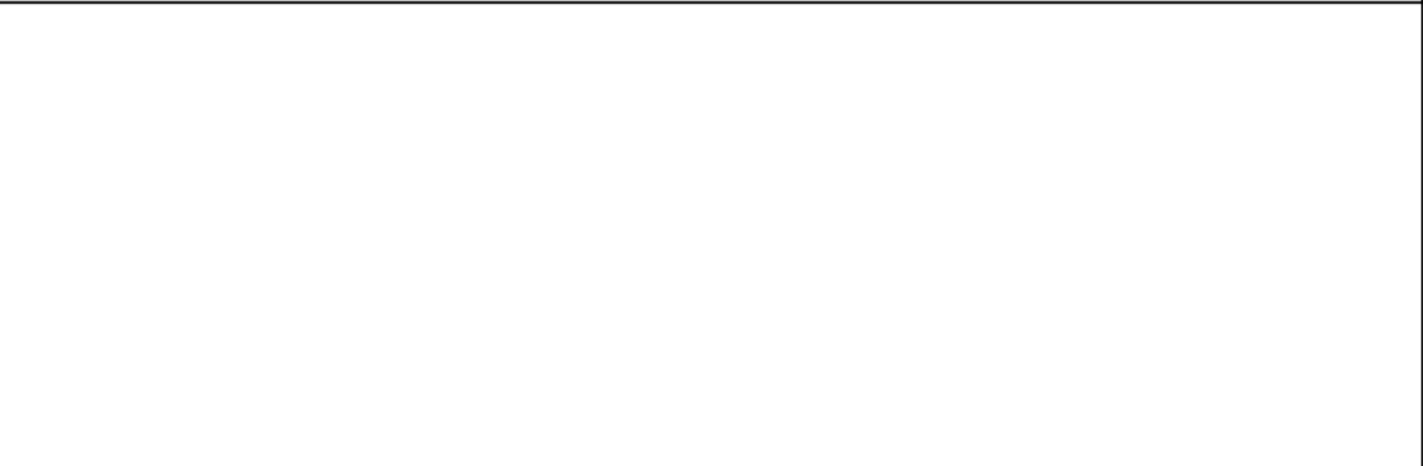
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4) Draw a picture of how you were feeling when you listened to the story.



## Activity – Emotion Charades

### Objective

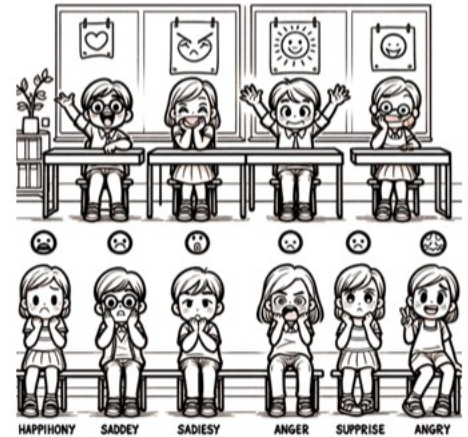
What are we learning about?

To help students understand and identify various emotions, by teaching them how to name and recognize feelings.

### Materials

What you will need for the activity.

- A list of emotions (happy, sad, angry, surprised)
- A hat or a bowl
- Space for acting out emotions



### Instructions

How you will complete the activity.

1. The teacher prepares a list of different emotions and writes them into individual slips of paper.
2. Place all the slips into a hat or a bowl.
3. Each student takes a turn to draw a slip from the hat without looking at others.
4. The student acts out the emotion written on the slip without using words.
5. The other students guess the emotion being acted out.
6. Once the correct emotion is guessed, discuss briefly what physical actions or facial expressions helped in guessing.
7. Continue until all students have had a turn.
8. Wrap up the activity with a group discussion on how we express and recognize different emotions.

**Cards**

Cut out the emotion slips below and give them to the students to act out during Emotion Charades. Or have the students pick a slip and use it to express the emotion to their classmates.

Happy

Bored

Sad

Curious

Embarrassed

Surprised

Tired

Scared

Nervous

Excited

Jealous

Confused

Grateful

Proud

Anxious

Shy

Disappointed

Frustrated

Amused

**PREVIEW**

## Activity – Emotion Wheel Creation

### Objective

What are we learning about?

To help students understand, name, and identify different emotions, and learn to recognize when they might need help based on how they feel.

### Materials

What you will need for the activity.

- Paper plate
- Coloured markers or crayons
- Templates of different emotion faces
- Scissors
- Glue
- A brad (paper fastener)
- Paper or cardboard for arrow



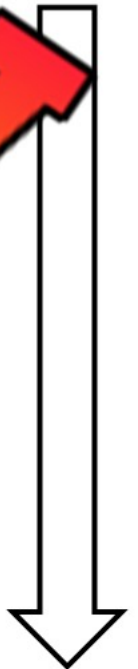
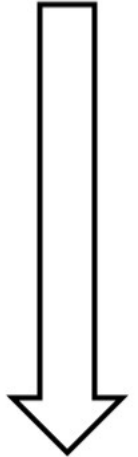
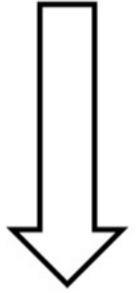
### Instructions

How you will complete the activity

1. Give each student a paper plate and some coloured markers or crayons.
2. Ask them to colour their plate with the markers or crayons.
3. Hand out the emotion face templates. These will have different faces like happy, sad, and surprised.
4. Each student should carefully cut out the emotion faces. Remind them to be safe with scissors.
5. Then they glue these faces around the edge of their plate, leaving some space between each like the numbers on a clock.
6. Have them write the name of each emotion under its face, like “happy” or “angry”.
7. Next, they cut a small arrow from paper or cardboard and attach it to the centre of the plate with a brad.
8. Encourage them to spin the arrow and talk about the emotion it points to.

Instructions

Colour the emojis and then cut them out. Cut out the arrow that fits your plate best.



**PREVIEW**

# Feeling Nervous at the Dentist

## What Happens at the Dentist

Going to the dentist can make us feel nervous or worried. It is a new place with different sounds and smells. The dentist checks our teeth to keep them healthy.

## Common Feelings at the Dentist

- Feeling nervous about a new place.
- Being worried about what will happen.
- Curiosity about the sounds and smells.



## It Is Okay to Feel Nervous

Many kids feel nervous at the dentist. Sara was nervous before her first visit. But she learned that it is okay to feel this way. The dentist was friendly and explained everything, which made Sara feel better.

## Lessons from the Dentist Visit

- It is normal to feel nervous about new experiences.
- Talking about our feelings can make us feel better.
- Visiting the dentist is important for healthy teeth.

Remember, feeling nervous is okay, and dentists are there to help us keep our smiles bright!

Name: \_\_\_\_\_

**True or False** Is the statement true or false?

1. Visiting the dentist can make us feel nervous.	True	False
2. The dentist's office is always scary.	True	False
3. Dentists check our teeth to keep them healthy.	True	False
4. It is okay to feel curious at the dentist.	True	False
5. Dentists explain what they do.	True	False

**Visualizing** Draw things that can make our tooth ache.




**Question** Why might someone feel nervous at the dentist?

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# Weather and Our Emotions

## How Weather Affects Us

Have you ever noticed that different kinds of weather can change how we feel? Whether it is sunny, rainy, or snowy, the weather can have a big effect on our emotions!



## Different Weather Creates Different Moods

- Sunny Days: Sunny days make us feel happy and full of energy. It is perfect for outdoor games and adventures!
- Rainy Days: Rain can bring feelings of peace or make us want to nap. It is a good time for indoor activities like reading or drawing.
- Snowy Days: Snow brings excitement and fun. Building snowmen or making snow angels, even though it is cold.

## Understanding Our Feelings

Weather teaches us about our moods. Bright sun can make us feel joyful and active, while rain might make us feel peaceful and reflective. It is normal for our feelings to change with the weather. Sharing our emotions helps us understand them. Next time the weather changes, think about how it makes you feel. Maybe talk about it with your friends or family and see if they feel the same way. Remember, every weather brings a new feeling, and it is always okay to express how you feel!

**True or False**      Is the statement true or false?

1. Sunny weather always makes us feel sad.	True	False
2. Rainy days can make us feel calm.	True	False
3. We cannot play outside on snowy days.	True	False
4. Snowy weather always makes us feel cold.	True	False
5. Reading is good on a rainy day.	True	False

**Visualizing**      Draw a picture of a sunny, rainy, or snowy day and show how you feel.

**Question**      What can you do when it is rainy outside?

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## Newspaper Article: The Big School Play

### Preparing for a School Play

Published: January 12, 2024

Have you ever been in a school play? It's a time full of fun and different feelings!

Mrs. Smith, a teacher, says, "Being in a school play helps us learn about emotions like excitement, nervousness, and pride."

Excitement is like a big, happy bubble in your chest when you think about the play. You might feel bouncy and cannot wait to get on stage! Ten-year-old Amir, who played the lead role last year, shares, "I was so excited, I practiced my lines every day!"

Nervousness is a bit like having

butterflies in your tummy. It is okay to feel this way. Mrs. Smith explains, "Deep breaths and practice help calm those butterflies."

Pride is the warm, happy feeling when you have done something great. After the school play, you might feel proud, just like Amir. "When everyone clapped, I felt so proud. I did it!"

Remember, it's normal to feel all these emotions. Being in a school play helps you understand and talk about your feelings.

And most importantly, to have fun!



**True or False** Is the statement true or false?

1. Excitement feels like a sad bubble.	True	False
2. Nervousness feels like butterflies in your tummy.	True	False
3. Deep breaths can help with nervousness	True	False
4. Pride is feeling sad after a play.	True	False
5. Practising can make you excited.	True	False

**Think** Put a checkmark next to the things you should do before a school play.

<input type="checkbox"/> Practise your lines	<input type="checkbox"/> Arrive on time
<input type="checkbox"/> Run around on stage	<input type="checkbox"/> Listen to your teacher
<input type="checkbox"/> Wear your costume	<input type="checkbox"/> Speak loudly on stage
<input type="checkbox"/> Take deep breaths	<input type="checkbox"/> Push chairs
<input type="checkbox"/> Forget your lines	<input type="checkbox"/> Be kind to others

**Question** What role would you like to play in a school play?

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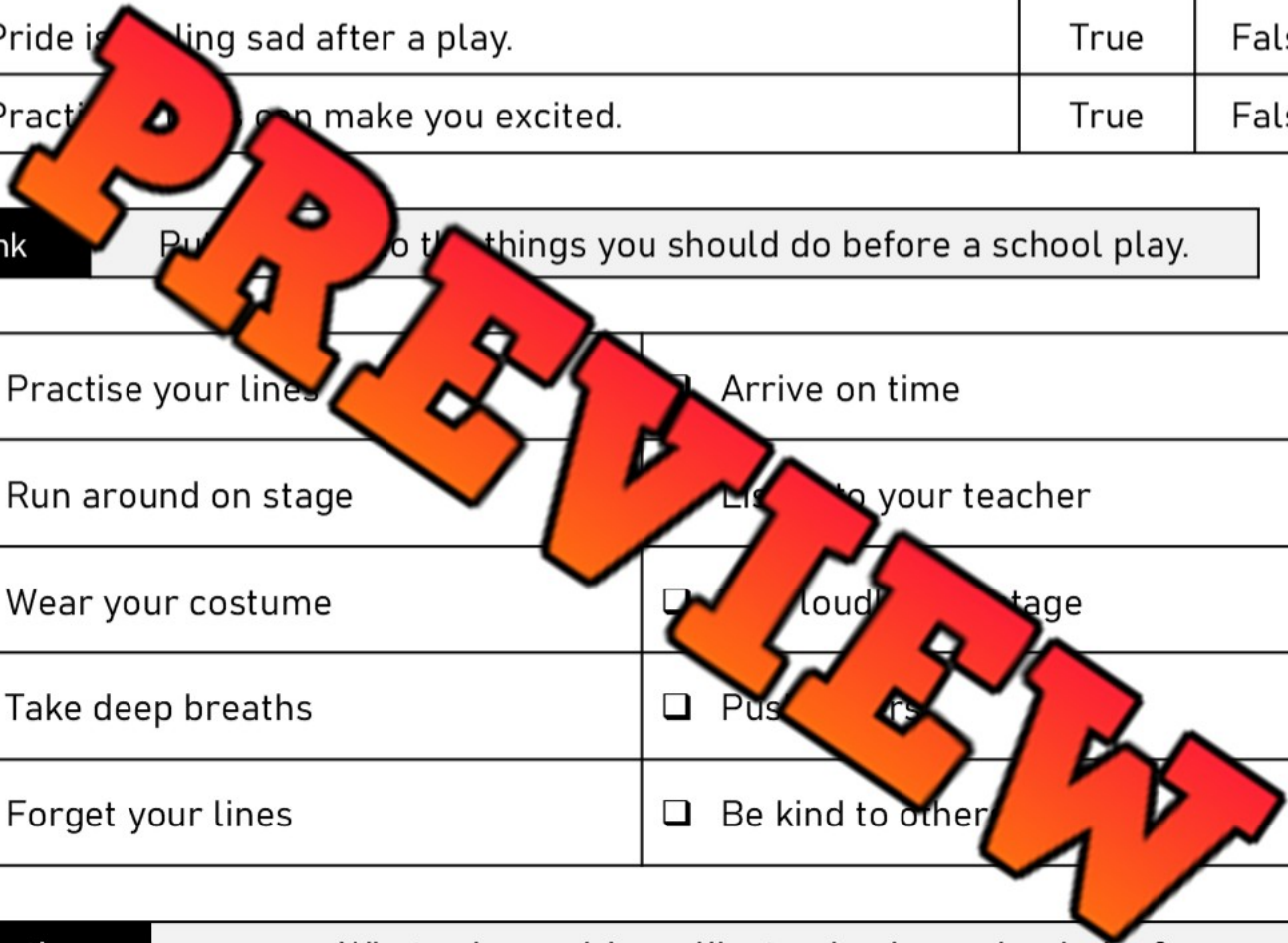
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## Family Illness Understanding

### Feeling When Family is Sick

When a family member is sick, it can be a confusing and tough time. Everyone has different feelings, and that is perfectly normal.



### Different Feelings You Might Have

- Worried: It is okay to feel worried because you care so much.
- Sad: Feeling sad is okay when someone you love is unwell.
- Confused: You might not know what is happening or what will happen next.
- Lonely: Sometimes, you might feel lonely if someone is busy caring for the sick person.

### Helping Out and Getting Help

You can be a big help by being quiet, kind, and doing small things. You can make a get-well card or help with simple chores. If your feelings become too big, like feeling very sad or scared, it is important to talk about them. You can share your thoughts with a family member, a teacher, or a friend. They can listen to you and help you understand these feelings.

Always remember, it is okay to feel all these things. Talking about them, and asking for help when needed, shows how much you care and is an important way of looking after each other and yourself.

**True or False** Is the statement true or false?

1. Feeling worried when someone is sick is normal.	True	False
2. Feeling confused about sickness is unusual.	True	False
3. You can feel lonely when a family member is sick.	True	False
4. Talking to a teacher will not help with your feelings.	True	False
5. It is important to be quiet around someone who is sick.	True	False

**Directions** Use the words to match the feeling to a helpful action.

1. Worried	<input type="checkbox"/>	Draw or write your feelings
2. Sad	<input type="checkbox"/>	Spend time with a friend
3. Confused	<input type="checkbox"/>	Talk to a trusted adult
4. Lonely	<input type="checkbox"/>	Ask for help
5. Scared	<input type="checkbox"/>	Take deep breaths

**Question** How can you show kindness to a family member who is unwell?

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## Activity – Feelings Journal

### Objective

What are we learning about?

To help students articulate their emotions and recognize when they might need help by maintaining a journal where they draw or write about their feelings.

### Materials

What you will need for the activity.

- Notebooks or sheets of paper (one per student)
- Pens, pencils, and markers
- Stickers or stamps (optional decoration)



### Instructions

How you will complete the activity

1. Give each student a notebook or a few sheets of paper to use as their feelings journal.
2. Explain that they can use this journal to draw or write about how they feel each day.
3. Show them how they can use pencils, crayons, or markers to express their emotions.
4. Encourage them to use words or pictures to describe their feelings.
5. Set aside a few minutes each day for students to update their journals.
6. Remind them that their journals are private, and they don't have to share if they don't want to.
7. Offer stickers or stamps to decorate their journal entries.
8. Once a week, ask if anyone wants to share something from their journal with the class.

Name: \_\_\_\_\_

**Journal**

Fill in the journal below.

Day	Write Feelings	Draw Feelings
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		

**PREVIEW**

Name: \_\_\_\_\_

**Reflection**

Answer the questions below.

1) Did you notice any feelings that you have more often?

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2) How do you think drawing your feelings help you understand them better?

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3) Can you think of a time when you felt that help you feel better?

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4) Draw a picture of a time that made you feel different emotions, like anger, sadness, happiness, etc.



**PREVIEW**

## Exit Cards

**Cut Out** Cut out the exit cards below and have students complete them at the end of class.

Name: \_\_\_\_\_

Is the statement true or false?

1) It is okay to feel worried when someone is sick.	True	False
2) Feeling sad about a sick family member is wrong.	True	False
3) Talking to an adult can help you feel better.	True	False
4) You should hide your feelings when someone is sick.	True	False

Name: \_\_\_\_\_

Is the statement true or false?

1) It is okay to feel worried when someone is sick.	True	False
2) Feeling sad about a sick family member is wrong.	True	False
3) Talking to an adult can help you feel better.	True	False
4) You should hide your feelings when someone is sick.	True	False

Name: \_\_\_\_\_

Is the statement true or false?

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2) Feeling sad about a sick family member is wrong.	True	False
3) Talking to an adult can help you feel better.	True	False
4) You should hide your feelings when someone is sick.	True	False

Name: \_\_\_\_\_

Is the statement true or false?

1) It is okay to feel worried when someone is sick.	True	False
2) Feeling sad about a sick family member is wrong.	True	False
3) Talking to an adult can help you feel better.	True	False
4) You should hide your feelings when someone is sick.	True	False

## Newspaper Article: Sports Day

### Fun and Feelings on Sports Day

Published: 14, 2024

Yesterday was Sports Day at Maple Elementary School!

The kids had fun with running, jumping, and even a relay race.

Even when someone did not win, it was still a fun day.

Kids were excited to show their skills and cheer for their friends.

Dr. Green, a child psychologist, says,

"Sports Day is great for learning about feelings." Some kids felt super excited to race, while others felt a bit nervous.

"It's okay to feel both," Dr. Green added.

Eight-year-old Maya, who won the egg-

and-egg race, shared, "I was really happy to win, but my friend fell and felt sad." She gave her friend a hug to make her feel better. This shows good sportsmanship, which means being kind and fair in sports.

Dr. Green said, "Winning is not everything, and trying your best is what really matters." Sports Day is all about trying hard, supporting friends, and having fun, no matter if you win or lose.



**True or False**

Is the statement true or false?

1. Sports Day is full of running and jumping.	True	False
2. Sports Day is only about winning races.	True	False
3. Maya won the egg-and-spoon race.	True	False
4. Dr. Green says winning is everything.	True	False
5. Sportsmanship means being fair and kind.	True	False

**Directions**

Draw feelings you might have on Sports Day.

Feeling Excited

Being Nervous

**Question**

How did Maya help her friend who was sad?

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## Activity – Emotional Support Posters

### Objective

What are we learning about?

To teach students about seeking help and supporting others in emotional distress through creating posters with helpful phrases or strategies for someone who is feeling sad, angry, or upset.

### Materials

What you will need for the activity.

- Large poster paper (one per group)
- Markers, crayons, and coloured pencils
- Glue and scissors
- Magazines or printed images (optional for decoration)
- Examples of supportive phrases or strategies

### Emotional support posters



### Instructions

How you will complete the activity

1. Divide the class into small groups and give each group a large poster paper.
2. Discuss what kinds of words or pictures can help someone who is feeling sad, angry, or upset.
3. Provide examples of supportive phrases like "It's okay to feel that way" or "Take deep breaths".
4. Encourage each group to think of more phrases or strategies and write them down.
5. Allow the students to decorate their posters with markers, crayons, and coloured pencils.
6. If available, use magazines or printed images for additional decorations.
7. Once the posters are complete, each group presents their poster to the class.
8. Hang the finished posters around the classroom as reminders of how to support each other.

Ideas

Creating "Emotional Support Posters" can be a wonderful way in recognizing and dealing with emotions. Write supportive phrases below.

**PREVIEW**

Name: \_\_\_\_\_

72

**Reflection**

Answer the questions below.

1) How did you feel while working on the poster?

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2) How do posters help us support our friends?

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3) Why is it important to help others who feel sad or upset?

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4) Draw a picture of how you were feeling when you worked on your Emotional Support Poster.



**PREVIEW**

**Unit Test – Mental Health****Multiple Choice**

/10

1. How does a happy dog show it's happy? A) Barks loudly B) Wags its tail C) Hides D) Flies away	2. What can music do for us? A) Make us dance B) Unlock feelings C) Break crayons D) Make us sad
3. What do you do on a no-power day? A) Create art B) Using computer C) Watching TV D) Sleeping all day	4. Why do we go to the dentist? A) For fun B) To play C) To keep teeth healthy D) To eat candy
5. What should we do if we feel nervous about an event important on Sports Day? A) Hide B) Stop playing C) Talk about it D) Ignore it	6. What is a sign of a stressed person? A) Wiping sweat B) Tearing your hair C) Holding your head D) Eating a sandwich
7. What is a sign of a stressed bird? A) It sings B) It dances C) It flies away D) It plays	8. What do pets need? A) A car B) Food and water C) A phone D) A book
9. What can you do during a power outage? A) Play outside B) Watch TV C) Play computer games D) Use a microwave	10. What is a good thing to do on a rainy day? A) Go swimming B) Reading C) Sunbathing D) Playing computer games

**Think**

Write examples of when you have felt the emotions below

Anger	
Happiness	
Sad	

**Scenarios**

In the situation below, circle the best way to handle it

1) Leila lost her favourite toy. How does she feel? What should she do?

- a) Talk about it
- b) Never play again
- c) Forget her toy
- d) Blame her brother

2) Captain Brave feels scared. What can he do to feel better?

- a) Take deep breaths
- b) Hide away
- c) Be angry
- d) Scare others

3) Sara is in the school play but feels butterflies in her tummy. What should she do?

- a) Hide backstage
- b) Stay calm and talk about her feelings
- c) Yell loudly
- d) Skip the play