



# Developing Social & Emotional Intelligence **VISUAL ARTS LESSON PLANS**



## WEEK 2: Frustrated Twitch

### Objective:

Students will be able to recognize, express and identify frustration and anger. Students will also be given coping tools for conflict resolution.

(Standards: SEL4, SEL7, SEL8, SEL9, SEL10, SEL11)

### Materials

Newsprint or access to Chalkboard/Smart Board. Newsprint is preferred for keeping a visual record of responses in the classroom and for future lessons and referral.

Markers

Volcano Coloring Page (see appendix)

Crayons

Glue

Full sheets of red, yellow, orange, white tissue paper

Twitch illustration

✓ **Introduction:** *Hello Everyone! Welcome back! I hope you enjoyed spending time with our WorryWoo Monsters. Today I am going to introduce you to a new friend, Twitch. He is the monster of Frustration. Can anyone tell me what 'Frustration' means?*

### frustration - noun

1. The feeling of being upset or annoyed, especially because of inability to change or achieve something

*Poor Twitch often feels frustrated. Who can show me with their bodies and their faces what it looks like to feel frustrated? Nice statues! What happens when we let that frustration in? What are the consequences?*

### consequence - noun

1. Result or effect of an action or condition

*Great job! We are going to work on a new story. First I am going to pass out our art journal illustration of Twitch. Lets try to work on using colors that help express frustration.*

### Activity 1: Twitch Illustration with "frustrated" colors.

Ask students what colors they think represent frustration.

Have students color Twitch drawing with colors they believe represent frustration.

Collect illustrations for art journal.

*Lets all sit and listen to our story about Twitch and how he deals with his frustration.*

### Activity 2: Read: The Very Frustrated Monster

Reading of *The Very Frustrated Monster*

Reflective Questions:

- When you are frustrated, what do you do to make yourself feel better?
- What are some of the things that frustrate you?
- When Twitch realizes that "life's little frustrations are what you make them to be," what do you think that means?





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- What do you think Twitch learned from the squirrel?
- What would you say if Twitch apologized to you? Teachers should look for answers like “It’s OK,” “Thank you,” etc.

### Activity 3: Tear Paper Volcanoes

#### Directions:

Pass out volcano coloring page.

Have students select sheets of tissue paper.

Students will then “color” in their volcano by tearing up strips of paper and gluing them onto the page

Encourage students to tear as much paper as they wish. A big part of this exercise is showing how ripping can be a healthy release.

After paper has been glued, pass out blue crayons.

Encourage students to gently color in the calm blue sky around the volcano.

### Activity 4: Sharing

Select students to share work with class.

#### Reflective Questions:

- How did it feel to rip up the paper?
- Why would we want to focus on the blue sky in contrast to the bright red colors?

### Activity 5: 2 Minutes Closing

Whip Around

*What is your cool down technique?*

#### Teachers Reflection:

This is a space for you to reflect on activities and to consider any changes to the activities.

# Volcano

