

## **General Activities**

### **Writing**

Write one classroom letter to Dr. Cool and Pride after discussing what was learned in the "Feeling Good Show". (Good for kindergarten and first grade students)

Each child writes a letter about what he/she learned and how it applies to him/herself. (This is done frequently by all ages).

List what you like about yourself

Have each child make a poster of him or her self and children go around writing what they like about other children.

Have a child write a creative story that teaches one of those lessons.

Practice writing couplets (two successive lines of rhyming poetry).

Write poems about any of the song titles or about similar subjects.

Celebrate Poetry month in April.

### **Art projects**

Draw a picture of the concert and one of the discussion ideas.

Divide a paper into four equal sections and write a sentence and draw a picture that goes with each sentence: 1) Like yourself the way you are, 2) Expect other people to like you just the way you are), 3) Treat others the way you want to be treated, 4) Stop and think before you act. (Any other major ideas from the presentation can be substituted for these four sentences).

Make a class booklet with all of the pictures in it.

Take a piece of paper and write down a problem on the top of it (example: someone making fun of you.) Draw a line down the middle of the page. On the left side draw a picture of what you might if you reacted to the problem. On the right side draw a picture of what you would do if you stopped and thought about the best way to solve the problem. Share your artwork and discuss why the right side is the better way.

### **Role playing**

Have children act out how Dr. Cool and Pride would handle a conflict and resolve it without fighting.

Have children act out how they want to be treated and how to treat others the same way.

*Example:* A group of kids playing together on the playground and one child left out. How does it feel? How can you include the child in the game?