

## **Lesson Plan: Emotional Intelligence (Grades K-3)**

### **Objectives:**

- Students will be able to identify the problem and solution in the story of Jack and his mind.
- Students will learn strategies for managing their thoughts and emotions.

### **Materials:**

- Copy of the book "Jack and His Mind" by Amber Dennison
- Whiteboard and markers
- Sticky notes and pens

### **Procedure:**

1. Introduce the book "Jack and His Mind" by reading the story aloud to the class.
2. Ask the students to think about the problem that Jack had in the story. Write the question on the whiteboard: "What was Jack's problem?"
3. Allow students to share their ideas and write them on the whiteboard. Discuss the different problems that Jack faced, such as forgetting things, feeling sad, and having his mind wander.
4. Ask the students to think about the solution to Jack's problem. Write the question on the whiteboard: "How did Jack solve his problem?"
5. Allow students to share their ideas and write them on the whiteboard. Discuss the strategies that Jack used to manage his thoughts and emotions, such as taking deep breaths, reminding himself of the truth, and focusing on the good.
6. Distribute sticky notes and pens to the students. Ask them to write down one strategy for managing their thoughts and emotions that they can use in their own lives.
7. Have students share their strategies with the class and post them on the whiteboard.
8. Conclude the lesson by discussing how managing our thoughts and emotions can help us to be happier and more successful in our lives.

### **Assessment:**

- Observe students during the discussion and note their participation and understanding of the concepts.
- Evaluate the sticky notes to ensure that students have identified a useful strategy for managing their thoughts and emotions.