

Outer Space Creature

“Happiness Is a Thing Within”

- Activity A2.9; Disc 1, Episode 2; Disc 2, Episode 5
- Song by: Pennie Sempell
- Instrument: Bongos, acoustic guitar, bass, claves, maracas, piano, vibes
- Vocals: Pennie Sempell
- Song synopsis: Sing-along chorus. Sway to the lively calypso beat of Pennie’s original song. Where do you make your happy feelings? Let’s find out!
- Additional concept support: “I Would Do Anything for You,” “Pennies from Heaven” (Discs 2 & 3); “What a Wonderful World” (Disc 2)

Background

It’s important for children to be aware of their feelings, understand that feelings are made inside us, and learn that they have some control over their feelings.

Vocabulary

Feelings, negative, positive, within

Objectives

- Students will identify examples of positive and negative feelings.
- Students will write to a creature from outer space, describing what feelings are and where feelings are made.

Level

Grades PreK-3

Subject

Health

Concepts

Health Education Content Standards for California Public Schools, 2009:

- K, 1.1.M, Identify a variety of emotions.
- 2, 1.1.M, Describe a variety of emotions.
- 3, 1.3.M, Explain the benefits of having positive relationships with family and friends.

National Health Education Standards, American Cancer Society, 2007:

- Standard 4: Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.

Materials

Activity worksheet or lined paper, pencils, crayons/colored pencils

Time

3 minutes (prep) 30 minutes (activity)

Introduction

- Initiate a whole-group discussion about feelings. Ask students to name some feelings—happy, sad, excited, etc. Write these on the board so students can see them. Discuss which feelings are positive and which are negative.
- Ask students to think about where in the body feelings are made. Take suggestions from students.
- Ask the following questions to encourage a connection to the song:
 - Where do you think happy feelings are made?
 - Do you think they come from outside of you? Or inside?
- Tell students they are going to imagine that a friendly creature from outer space has just landed in a rocket ship in the backyard. They will invite this creature into their house for dinner. Everyone will be sitting around the table. Some people will be laughing, some will be crying over spilled milk. The creature is very confused. On its planet, there are no such things as feelings. No one has ever felt happy, sad, angry, playful, afraid or loving. No one feels anything. The creature asks: “What are feelings, and where are your feelings made?”
- Explain to students that they are going to think about how to answer this question and write or dictate what they would tell the space creature.

Process

Give each student the worksheet or a piece of lined paper. Ask them to write an answer for the outer space creature, describing what feelings are and where they think feelings are made. Depending on age and ability level, students may also dictate their answer. They may then draw a picture to accompany their answer.

Assessment

Have students share their answers with the class. They should be able to explain what they think feelings are and where they think feelings are made.

Next Step

Students can answer the space creature’s question in more detail by describing each feeling individually and drawing a picture to illustrate a situation during which they might feel that emotion.

A2.9 DEAR OUTER SPACE CREATURE

Dear _____,
