



ARTS IMPACT CREATIVE IMPACT PRESCHOOL

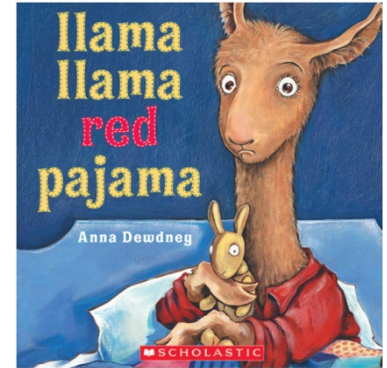
THEATER INFUSED STORYBOOK and SEL Lesson

Llama Llama Red Pajama

Author: Dave Quicksall Grade Level: Older Toddler to Preschool

Enduring Understanding

Feelings are associated with actions and routines. Understanding feelings helps to self-regulate actions and responses.



Lesson Description (Use for family communication and displaying student art)

Students will participate in an interactive reading experience of the book *Llama Llama Red Pajama* by Anna Dewdney. Students will recall and act out the sequence of getting ready for bed and falling asleep. Using a simplified Mood Meter as a guide, the teacher will lead the students to help solve the problem of not being able to fall asleep. Students will recount different experiences and feelings that they may have when they go to sleep. Using the story as a guide, students will explore different coping strategies to help in falling asleep.

Lesson Targets/Criteria

1. Students will understand and demonstrate a sequence by re-enacting the series of actions for getting ready for bed.
2. Students will demonstrate the understanding of the different feelings associated with falling asleep by using their faces, voices and bodies to express emotions.
3. Students will learn different coping strategies for falling asleep by exploring different self-regulating methods for calming down and relaxing.

Lesson Steps

1. WARM-UP: Teacher leads the class through a "Silly Dance Contest (song by Jim Gill). <https://www.youtube.com/watch?v=4HtoTIReE1I>
2. As a group, teacher leads students (and Parents) as they recall and re-enact the sequence of getting ready for bed. Each student offers ideas and input based on their own experiences and routines of bedtime.
3. Teacher introduces Mood Meter and lead students through a round of acting out different feelings.
4. Teacher presents a problem that he/she has when it comes to falling asleep: "Sometimes I can't get to sleep because I feel_____." Teacher and students act out different scenarios of "not sleeping" and strategize ways to get to sleep.
5. Teacher reads book *Llama Llama Red Pajama*, by Anna Dewdney.
6. Teacher leads students to explore different coping strategies from book to help get to sleep.
7. COOL DOWN: Teacher leads students in acting out final sequence of getting into bed and falling asleep.

