

I'm Glad to Be Me!

A Singalong

Express Children's Theater

PK-5

ABOUT THE PERFORMANCE

This interactive show uses inspiring songs, kid-friendly poetry and simple games to help children identify and manage their emotions and build confidence and self-esteem. Designed for ages PreK-5th, the show is fast, fun and teaches kids musical songs and phrases they can repeat for themselves when they're feeling challenged by life.

TEKS (Texas Essential Knowledge and Skills):

	Music	Theater	Language Arts	Social Studies	The Students Will: <ul style="list-style-type: none">• Demonstrate appropriate etiquette during live performances.• Practice listening and speaking.• Practice ways to deal with negative emotions.• Write/tell stories to express ideas and feelings about real or imagined people, events, and ideas.
K	2, 3, 4	1, 2, 4, 5	1, 6, 8, 11	11, 13, 14	
1	3, 5, 6	1, 2, 4, 5	1, 6, 7, 8, 12	14, 16, 17	
2	3, 5, 6	1, 2, 4, 5	1, 6, 7, 8, 12	12, 14, 15	
3	3, 5, 6	1, 2, 4, 5	1, 6, 7, 8, 12	10, 12, 14, 15	
4	3, 5, 6	1, 2, 4, 5	1, 6, 7, 8, 12	17, 19, 20	
5	3, 5, 6	1, 2, 4, 5	1, 6, 7, 8, 12	20, 21, 22, 23	

STAAR (State of Texas Assessments of Academic Readiness)

Reading Comprehension skills in Grades 3, 4, and 5
Writing skills in Grade 4

Academic Vocabulary:

Emotions	Feelings triggered by thoughts or events. Basic emotions: happiness, sadness, fear, anger, disgust, and surprise
Confidence	Belief or trust in oneself or others.
Self-Esteem	A person's opinion of oneself.
Mantra	A slogan or saying repeated frequently.

CLASSROOM CONNECTIONS:

Before the performance

- What is it like to be mad? How do people act when they are mad?
- What is it like to be sad? How do people act when they are sad?
- What is it like to be afraid? How do people act when they are afraid?

After the performance:

- What did you like best about the presentation?
- Write, draw, tell, sing, dance, or act out your favorite part.

Language Arts:

- Read different books about emotions and act out or create masks to express different feelings. Ideas: Most books by Mo Willems, Kathryn Otoshi, or Leo Lionni. Also, *Today I Feel Silly* by Jamie Lee Curtis, *The Color Monster* by Anna Llenas, *My Mixed Emotions* by DK, *Grumpy Monkey* by Suzanne Lang, and *Alexander and the Terrible, Horrible, No Good, Very Bad Day* by Judith Viorst. Also, "What if" and other poems by Shel Silverstein.
- Write, act out, compose songs, or draw pictures to show what it is like to feel bad.
- Make as many words as you can from the letters in the words E M O T I O N or E M O T I O N A L. Ideas: motion, moon, note, tone, mine, etc. Use them to create a song, rap, skit, story, poem, or other form.
- Keep a diary of your daily feelings and what you did to feel better.

Math:

- How do you feel about math? Write and draw a page to show how. (Leave names off.) Gather all the papers and staple to make a book. Read the book and discuss why it is okay for students to have different feelings about the same thing.

Social Studies:

- Brainstorm ideas of things to do when you feel bad. Ideas: Turn your ideas into posters or pop-up cards. Mount the posters around the room. Keep the cards in your desk to use as needed. Ideas:

Take a deep breath.
Count to ten.
Talk to a friend.
Play with a pet.
Dance or listen to upbeat music.
Watch a funny show or read a funny book.
Write or draw about your feelings.
Go for a walk or run.
Repeat a positive mantra.
Sack a pillow.

How to make pop-up cards

- Fold an index card in half. If it has lines, make sure they are on the outside.
 - On the fold cut 2 half inch slits about ½ inch apart.
 - Open the card and push in between the slits to make a little step.
 - Write and draw on the inside of the card. On the little step, glue a small person, animal, or appropriate object.
 - To make a book, glue several folded cards on top of each other. Use colored paper to create and glue on a cover for the stack.
- Create mantras or positive things to tell oneself. Write each one you like on a sticky note and put the notes on your bathroom mirror or other place where you can see it and say it each day. Ideas:

I love myself.
I am enough.
I can solve problems.
I am confident.
I trust myself.
I will make it through hard times.
I am at peace with myself.
I am growing and learning.

- Have each child write their name at the top of a piece of paper. Exchange papers with everyone else in the class. Challenge students to write something positive about each and every other student in the class. If you can't think of something to say, write, "I like you just the way you are" like Mr. Roberts used to say. More ideas:

What talents do they have?
Are they kind or helpful to other people?
Do they make people laugh?
Do they work hard?
Are they good at a school subject?
Are they good at something athletic?
Do they share?
Are they your friend?
Are they a good leader?

- Find out how people in different cultures/countries express emotions.
- Create a "Me Paper." Use a cookie cutter shape or outline your entire body on a 6" piece of paper. Fill with drawings and notes about yourself and what makes you special.

Science:

- Find out what happens to the human body when you get very mad, sad, or afraid.
<https://www.google.com/search?client=safari&rls=en&q=science+of+emotion+for+kids&ie=UTF-8&oe=UTF-8>

Resources:**Dealing With Feelings:**

<https://www.google.com/search?client=safari&rls=en&q=teachers+help+kids+with+negative+emotions&ie=UTF-8&oe=UTF-8>

<https://www.edutopia.org/article/providing-students-emotional-support/>

<https://www.apa.org/topics/parenting/emotion-regulation>

ABOUT THE ARTIST:

For over 30 years, Express Children's Theatre has been Houston's largest multicultural theatre company dedicated exclusively to creating and performing work for children and their families in the Greater Houston area. All shows are interactive where kids can participate from their seats. This dynamic allows for great social and emotional learning where children have a voice in the experience and a stake in the outcome. In addition to performing over 200 shows a year at schools, day care centers, museums and hospitals (including 6 annual shows at Miller Outdoor Theatre) they also lead theatre arts workshops from one day to entire semesters. We are proud to have been a member of the Young Audiences roster since 2017. At Express, they don't only provide innovative entertainment, they strive to build self-esteem and promote good choices to help children become more positive participants in their families, schools and society-at-large.