

SOCIAL EMOTIONAL LEARNING

SOCIAL SKILLS LESSON PLAN

CASEL COMPETENCY: SELF-MANAGEMENT

SOCIAL SKILL: SELF-MOTIVATION

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BOOK INFORMATION

Book title: Malaika's Costume

Author: Nadia L. Hohn

Illustrator: Irene Luxbacher

Publisher and date of publication: Groundwood Books, 2016

ISBN: 978-1-55498-754-2

Number of pages: 29

Reading level or interest level: 2-6

BOOK SYNOPSIS

Malaika imagines herself as a peacock for the first carnival since her mom has been gone. Her mom is in Canada and is supposed to send money for Malaika's costume but has not been able to. So Malaika's grandmother gives Malaika her costume from when she was a girl. Malaika tries it on, but it smells and itches. Malaika runs away. After hearing her grandmother's favorite song in town, Malaika goes to the tailor, Ms. Chin, to ask for throwaway cloth, and Ms. Chin gives her a bag of pieces. Malaika goes home and apologizes to her grandmother. Her grandma has cleaned the dress and made it smell better. Malaika and her grandmother work together to make a mask and wings for the peacock costume. She looks better than she did in her dream. The next day they go to the carnival and Ms. Chin and Malaika's uncle are proud of her. She dances. The final page is a picture of Malaika's mom looking at a picture of Malaika in her costume.

This book could be used to help students cope with strong emotions through reflecting on the emotion and being proactive in solving the problem.

LESSON OBJECTIVE

The goal of this lesson is for students to name different emotions. They should understand that they can calm down, reflect, and solve problems when they get upset.

LESSON MATERIALS AND ADVANCE PREPARATION

K-2 Materials:

- A piece of construction paper for each student
- Markers, colored pencils, and crayons for each child

3-6 Advance preparation:

- Decide ahead of time who you want to be in each group
- Print off each scenario for each group
- Write the questions they need to answer on the board

KEY VOCABULARY AND CONCEPTS

Carnival- An energetic celebration of music and dance common in different South American countries

Dignity- The state of being worthy of honor and respect. Similar to calyspo

Kaiso- A popular type of music in Caribbean and West Africa countries

Chile- Child

PRE-READING ACTIVITY

Show the students the cover of the book and the title. Explain that this book is all about a dream costume that Malaika wants to wear to a celebration. Explain to the students that she is holding a picture of her mom. Who could the woman watching Malaika be? Ask the students what may be difficult about not living with her mom?

Explain that the characters in the book may speak English a little differently than they would expect, but that they will be able to understand and appreciate it anyways.

READ THE BOOK

POST READING DISCUSSION

Ask the students how Malaika probably feels about her mom being gone? About the money not being there? How does she feel about wearing the costume. Explain that we can guess who she feels based on how she acts (running away).

What helps Malaika calm down? Explain that although running away is never a good idea, exercising helps, as does listening to music. Show the students the picture of Malaika listening to the kaiso song. Reread the lyrics. Ask the class why these lyrics may have helped Malaika go back to her grandmother. Point out what Malaika is doing and explain that when we get upset, we can calm down, and then we are able to think about what is making us upset. Ask the students what Malaika does after calming down and thinking. Explain that we are able to solve problems when we have calmed down and thought about what we want.

Show the students the picture of Malaika trying on her wings. Ask them what she may be feeling now? What if she had never calmed down and thought through the problem? What would she miss out on?

POST READING ACTIVITY

K-2: Share with the students different activities they can do when they are upset (exercise, deep breathing, talking with someone, listening to music). Briefly show them or explain to them how they could do each one. Share a breathing exercising or a song you find relaxing. Explain that it helps calm them down by focusing on something else. Ask students to think about what they can do. Ask them to draw a picture of themselves doing the activity.

3-6: Divide students into groups with 3-5 students in each. Give each group one of the following scenarios.

- You sit alone at lunch every day and you think that somebody is about to ask you to sit with you and they walk right past you.
- You play a game at recess with your friends and every time you start you instantly are “out”.
- You see your teacher watch you say a bad word.
- You have a test tomorrow that you have not studied for, you barely understand, and is a major part of your grade.
- You hear that someone might have a knife with them at school

Have students answer the following questions:

- What do you first feel.
- What may you do that is more negative?
- What could you do instead to calm down?
- What can do to solve the problem.

After 5-10 minutes, have each group present their case and answer the questions. Ask other class members to share alternative ideas when necessary.

CLOSURE

We can feel many different emotions that may make us want to do something negative or destructive. When we do something to help us calm down, like deep breathing, exercise, or listen to music, we can calm down. We are then able to think and solve the problem at hand. This week, pay attention to what you are feeling. Try one of the techniques to calm down and then try to solve the problem.



“There are no bad emotions. There are only bad uses of emotions.”

- Jay Wren