



My Many Colored Days

By Angela Challis
Language Arts/Dance
K-1

Language Arts

1st Grade Reading: Literature Standard 4

Identify words and phrases in stories or poems that suggest feelings or appeal to the senses.

Health Standard K.MEH.1:

Identify how different emotions feel and how the body reacts to those emotions.

Health Standard 1.MEH.2:

Demonstrate healthy ways to express needs, wants, and feelings.

Dance

K-1.D.P.7

Dance for and with others using established performance etiquette.

K-1.D.CR.3

Express an idea, feeling, or image while improvising a dance that has a beginning, middle and end.

Objective:

In a 45-minute class students will develop a deeper understanding of their emotions by exploring and creating a dance based on the book *My Many Colored Days*.

Materials:

Book: *My Many Colored Days* by Dr. Seuss

Music CD

Introduction:

Have a little talk about emotions. Before each exploration, brainstorm words that describe the same feeling. After each exploration, have them think about what makes them feel that way. Pick a verb to go with each page. Use complete sentences.

Warm up:

Page 1 Yellow:

Verb: skip.

Feeling: Content, happy, glad, joyful

Music: Gongs and Drums

Explore:

Page 2 Blue:

Verb: walk backwards

Feeling: sad, unhappy, depressed, miserable, wretched, desolate

Music: Castle on a Cloud

Page 3 Red:

Verb: Kick, stamp, punch

Feeling: mad, angry, furious, outraged

Music: He Is A Pirate Page 4 Busy Bees

Page 4 Busy Bees

Verb: buzz, shake, run **Feeling:** busy,

hectic, frantic **Music:** Flight of the Bumble

Page 5 Gray

Verb: hold

Feeling: calm, tranquil, serene, peace

Music: All Tucked In

Page 6 Orange

Verb: Perform

Feeling: confident, buoyant, assertive

Music: Circus on Parade

Perform:

Pick two of your favorite pages. Perform them when it is your turn.

Analyze:

Ask students to find a partner. Look at your partner's eyes and tell them what makes you happy, sad, still, etc. Talk about the importance of sharing our feelings and what to do when you are very mad.