



**Writing & Self Reflection Lesson Plan
May 2020**

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Lesson Title: Writing & Self Reflection

Objective: Students will be able to write sentences about how they feel and draw pictures to illustrate their sentences.

Description: This lesson plan includes a variety of content that gives children the opportunity to learn and practice sentence structure, while reflecting about their own feelings. The suggestions below include links to free digital content and reproducible worksheets.

Free Website Suggestions:

- Scribblitt: <https://www.scribblitt.com/>
- Word Central: <http://wordcentral.com/>
- Spelling City: <https://www.spellingcity.com/>
- Giselle and the Letter Tree: <https://www.tvokids.com/preschool/games/gisele-and-letter-tree>
- Make Beliefs Comix: <https://www.makebeliefscomix.com/Comix/>

Get Reading!

Select a book off your personal bookshelf or at the library or download a book onto your tablet or personal e-reader. On the handout attached, Read & Reflect, draw a picture about how you felt reading the story. Were you scared? Were you surprised? Were you excited? Fill in the blank about how you felt.

Read the story with your parent or guardian. Tell them how you felt and why you felt this way. Did they feel the same way?

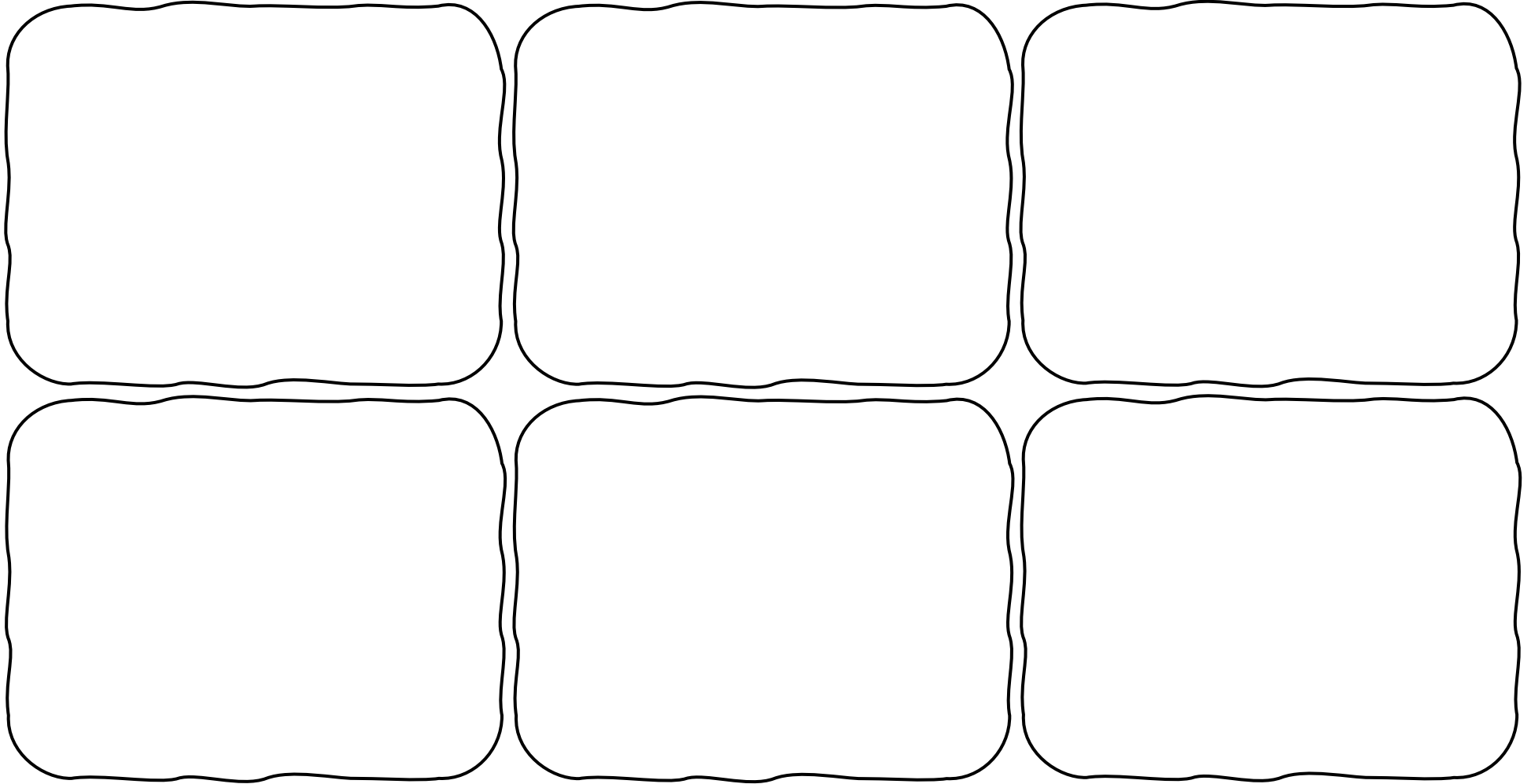
Worksheets Included

- **From Idea to Comic Book:** Put on your thinking cap – it’s time for you to become an author and an illustrator to create your own comic! Use this worksheet to create your own comic.
- **How Do You Feel?:** It is important for us to take time to check in with ourselves on our own feelings. Use this worksheet to reflect on your own personal feelings.
- **My Story Idea:** Be an author! Be an illustrator! Use this worksheet to illustrate your ideas for the beginning, middle, and ending of your story.
- **Read & Reflect:** Select a book from your bookshelf, from the library, or own your own digital device. Use this worksheet to describe how you felt while reading the book.

From Idea to Comic Book

Have you ever read a comic? Now you can create your own comic!

Put on your thinking cap – it's time for you to become an author and an illustrator to create your own comic! Use the boxes below to draw out your comic. Don't forget to include speech bubbles for what your characters will say.

A 2x3 grid of six empty comic panels, each with a rounded rectangular border, intended for drawing a comic story.

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How do you feel?

Do you feel happy? Sad? Upset? Stressed?

It is important for us to take time to check in with ourselves on our own feelings.

Fill in the sentences below on when you feel happy, sad, and excited. Next, illustrate these sentences.

I feel happy when	I feel sad when	I feel excited when
<hr/> <hr/>	<hr/> <hr/>	<hr/> <hr/>

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My Story Idea

Be an author! Be an illustrator! Create your own story. Use the chart below to illustrate your ideas for a beginning, middle, and ending to your story. Use the lines below each box to begin writing your story.

The form consists of three large, empty rounded rectangular boxes arranged horizontally. A grey arrow points from the first box to the second, and another grey arrow points from the second box to the third. Below each of these three boxes are four horizontal lines, providing space for writing a story.

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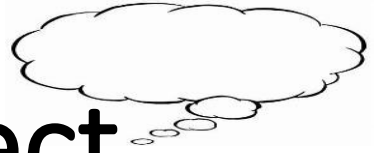
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Read & Reflect



Select a book from your own bookshelf, from the library, or download one onto your tablet or e-reader. Complete the sentence below describing how you felt while reading the book. Were you surprised with what happened?

Were you happy? Were you sad with one of the character's decisions?

While reading _____,

I felt _____.

Illustrate a scene from the story that made you feel this way.

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