

LESSON PLAN 1

PIKKULI SAYS NO!

EMOTION THEME: FRUSTRATION, ANGER

Activity: Music, art, media

Goal: Recognize the feeling of anger, practice calming down.

Skills that develop: Naming and expressing the feeling of anger, the ability to regulate emotions, the ability to calm down and settle disputes, putting oneself in the other's position, and expressing emotions through alternative ways of expression.

Equipment:

- Pikkuli plush toy
- Nest, carpet, etc
- Pikkuli Says NO! -book
- Emotion cards (ANGER, SADNESS, HAPPINESS)
- Newspaper/leftover paper
- Paper for painting and paint
- Different musical instruments
- Device that has Pikkuli music app downloaded
- Music for the beginning and end of the lesson

Vocabulary for toddlers: Anger, quarrel, agree, get angry, happiness

Vocabulary for older kids: Anger, disappointment, fight, calm down, agree, happiness.

Some things to consider: Dealing with and expressing anger can cause outbursts of anger in a child, which require sensitivity from an adult. In such situations, the teacher should try to lighten the atmosphere with some activity, e.g., a round of hugs.

Getting to know the story: A proper introduction to the Pikkuli book "Pikkuli Says No!" plays a central role the first time. The first card always serves as an introduction to the story in question, and the other four lessons deepen the story, in which case it is not necessarily necessary to go through the entire book.

In a group of toddlers, the book can also be looked through one page at a time, and the story is reviewed while marveling at the pictures and discussing.



Supporting questions:

- What makes Pikkuli angry or frustrated?
- How Daddy feels when Pikkuli says no?
- What does Pikkuli do when angry?
- Why Daddy gets upset and feels angry?
- Where in your body do you feel anger, and what kind of expression do you have when you are angry?
- What helps overcome the anger?
- What made both Pikkuli and Daddy happy again and overcame the feeling of anger?

Anger balls:

The teacher tells children to crumple newspaper or other leftover paper and make anger balls. While making the balls, children are asked to think about how the anger feels and how it could be shown on paper. After crumpling, the papers can be straightened, so-called as a sign of calm/reconciliation. Alternatively, you can tear up some paper sheets and then glue them on a larger piece of paper, and they can be put back together as a sign of calm/reconciliation. Tantrum balls can be used in connection with tantrum painting.

Anger painting:

Let's think about the feeling of anger and what color it would be like. Let's paint it with angry color on paper with fingers/hands/toes/soles of feet. When making a painting, you can think about how anger feels in your hands, feet, and body, and how anger feels when painting on paper. Alternatively, one common painting will be done among the group. After the angry painting, you can also make a reconciliation painting using the same technique.

Angry music:

Next, let's think about anger together: What does anger sound like? What would angry music be like? Let's make use of the kindergarten's instruments in making angry music. Remember that the instruments are cared for, even if we make angry music. As a counterbalance to angry music, you can also make calm music that reflects the fact that the anger is gone and we are in harmony again. Alternatively, you can download Pikkuli's paid Pikkuli music app for 0.59 euros and make angry music.

Final Task –Emotion Shake Off: Shake off a strong feeling as if you were shaking water from your feathers after swimming. Shaking the right hand first and then the left hand. Then shake the whole body and shake all the feathers until they are dry!

