

## Lesson 5: *Not About Perfection*

Content Area: Drama

Book of The Day: Brontorina by James Howe

Poems and Songs: "This is the Way We..."

Vocabulary Words of the Day: feelings, perfection, happy, unhappy, follow

	Activities:	Materials Needed:	Opportunities for Interaction:	Standards/ Learning Outcomes:
Birth to 18 months:	<p>a. Focus on modeling facial expressions and tone for emotions. Watch if the child mimics or laughs and imitate their reactions- either facial or how they sound. Acknowledge their responses and help label what they are doing. <b><i>This helps the child understand that their actions illicit responses and you are introducing new words.</i></b></p> <p>b. Recite an original tune with familiar routines you do with your child. As you recite the tune/poem, perform the actions as they are mentioned. <b><i>This helps introduce motor movements and introduces rhymes and opportunities for interaction through play.</i></b></p>	<p>a. No materials needed.</p> <p>b. An original tune such as, "This is The Way," sung to the tune of "All Around the Mulberry Bush."</p> <p>This is the way we wash our face, wash our face, wash our face. This is the way we wash our face with soap and water.</p> <p>This is the way we wash our hands, wash our hands, wash our hands. This is the way we wash our hands to keep the germs away.</p> <p>This is the way we comb our hair, comb our hair, comb our hair. This is the way we comb our hair so we can start our day.</p> <p>(Also, you can use a soft cloth and a brush or comb.)</p>	<ul style="list-style-type: none"> <li>Name and label appropriate movements and words as you talk, read and sing to your young child daily.</li> <li>Label the emotions your child displays.</li> <li>Model the actions you are performing as you sing the tune together.</li> <li>Share a lukewarm, wet soft cloth as you model washing your face or hands. Emphasize gentle touches with the soft cloth. Also, describe what you are doing as you are combing your child's hair. "I am using a comb to help brush your hair. I'll be gentle."</li> <li>Praise your child and acknowledge when she participates and imitates or reacts to the activity.</li> </ul>	<ul style="list-style-type: none"> <li>✓ Communication</li> <li>✓ Listening</li> <li>✓ Understanding</li> <li>✓ Vocabulary</li> <li>✓ Imitating Movements</li> </ul>

- a. Introduce the *Not About Perfection* video.
- b. Create picture cards with actions from magazines. Choose one of the cards and perform that action (i.e. walk, dance, hurl a ball). ***This helps the child understand that words have meaning and you are practicing gross motor activities.***
- c. Play a "Monkey See, Monkey Do," movement game. While saying the movement, model it too. Encourage your children to imitate your movements and follow along too. ***This helps the child understand and follow sequences and simple directions.***

- a. The *Not About Perfection* video.
- b. paper, scissors, glue, magazines  
Make picture cards with actions.  
- Walk alone, dance, wiggle, hurl a ball, walk into a large ball to kick, pull toy from behind while walking forward
- c. No materials needed.

- Explain to your child what is happening in the video. The potatoes are helping each other learn that we do not always make healthy choices. Sometimes we make mistakes, but we can make healthier decisions to correct them.
  - Co-view the video and say these words together as you chant. "You can make a correction. You can turn yourself around." Practice dancing and singing together.
  - Choose one of the action cards and work together to model then to independently perform the action.
  - Instead of picture cards, practice introducing different actions and modeling for the child.
- Movements can be replicated in short sequences or you can introduce one movement and practice until it has been achieved.

- ✓ Communication
- ✓ Vocabulary
- ✓ Pretend actions, repetition and opportunities to explore their environment

a. Introduce the *Not About Perfection* video.

b. Create picture cards to illustrate washing hands, blowing your nose, combing hair, and brushing your teeth. Choose one card and model the steps for each skill. Encourage your child to imitate your movements. ***This helps the child understand as he follows simple directions.***

c. Practice simple healthy behaviors like: washing hands, blowing your nose, combing hair, and brushing your teeth using stuffed animals and dolls. Encourage your child to help their doll to practice healthy behaviors by caring for it. ***This helps the child practice healthy behaviors while caring for others. The child is also developing healthy habits.***

a. The *Not About Perfection* video.

b. paper, scissors, glue, magazines  
Make picture cards from the magazines with the following actions: washing hands, blowing nose, combing hair, brushing teeth

c. stuffed animal, tissues, wash cloth, tooth brush, comb or brush, waste basket

- Explain to your child what is happening in the video. The potatoes are helping each other learn that we do not always make healthy choices. Sometimes we make mistakes, but we can make healthier decisions to correct them.

- Co-view the video and say these words together as you chant. "You can make a correction. You can turn yourself around." Practice dancing and singing together as you imitate actions that the potatoes do.

- As the child tries to imitate you, acknowledge what he is doing, celebrate accomplishments and identifying errors too. Emphasize that mistakes can be corrected. Imitate as many times as is needed how to perform the actions from the picture cards.

- Practice role playing scenarios with your child where you offer situations where they can care for their doll or stuffed animal. For example, "Baby Bear is not feeling well today. I think he might have a cold. Can you help him blow his nose?"

Model for your child as you show her how to blow and wipe Baby Bear's nose. The child can check to see if her nose is clean. Then, model how to properly wash your hands.

Allow your child to practice independently on self and as they use her stuffed toys. You can also post pictures of the steps by making a rebus chart.

- Use, "Where is," and "Show me..." questions. "Where is Baby Bear's nose?" Allow time for your child to point to his nose. If help is needed, prompt with, "His nose is on his face, between his eyes."

- ✓ Communication
- ✓ Language
- ✓ Literacy
- ✓ Learn through imitation in pretend play to express creativity and imagination

- a. Introduce the *Not About Perfection* video.
- b. Read the book, Brontorina, with your child. Talk about being kind to yourself and others being kind to you as you read the story. Emphasize moods, emotions, drama, and feelings as you read. ***This helps your child see that through books and dramatic activities we can recreate and help others understand feelings and the choices we make.***
- c. Co-create emotions puppets to illustrate emotions that were introduced in the story. ***This helps the child see that through books, art, and drama we can recreate and talk about our own feelings and about the choices we make.***

- a. The *Not About Perfection* video.
- b. Brontorina by James Howe
- c. white paper plates (dinner size), yarn or string, blunt tip scissors, crayons, glue, popsicle sticks, non-breakable mirror

- Explain to your child what is happening in the video. The potatoes are helping each other learn that we do not always make healthy choices. Sometimes we make mistakes, but we can make healthier decisions to correct them.
- Co-view the video and say these words together as you chant. "You can make a correction. You can turn yourself around." Practice a series of THREE gross motor activities that you can do in sequence (i.e. walk forward, hop three times, balance on one foot).
- Read Brontorina together. Do a "book walk" as you introduce the front cover, the back cover, the title page, the author, and illustrator. As you read the story, talk about what the character is feeling and about the sequence of events. Be sure to consider if your child's attention is kept and to abbreviate the book as is needed. While you read, you can practice the ballet moves that the character practices.
- Work together to make emotions puppets. As you do so, talk about the parts of the face (eyes, ears, nose, mouth, teeth). Introduce different emotions and how we express them.
- Use the puppets to act out different moods and talk about different daily experiences. You can lead this activity as your child observes as an audience member.

Preschool Texas Essential Knowledge and Skills (Prekindergarten TEKS):

- ✓VIII.C.1 Child creates or recreates stories, mood, or experiences through dramatic representation

a. Introduce the *Not About Perfection* video.

b. Read the book, Brontorina, with your child. Talk about being kind to yourself and others being kind to you as you read the story. Emphasize mood, emotions, drama, and feeling as you read. **This helps the child see that through readings and drama we can recreate and relate to our own feelings and choices we make.**

a. The *Not About Perfection* video.

Chart with words to the *Not About Perfection* video

b. Brontorina by James Howe

- Explain to your child what is happening in the video. The potatoes are helping each other learn that we do not always make healthy choices. Sometimes we make mistakes, but we can make healthier decisions to correct them.
- Practice a series of FIVE gross motor activities that you can do in sequence (i.e. walk forward, hop three times, balance on one foot, jump forward once, gallop).
- After you co-view, explore these questions:  
Did it help for Russet to call himself a dummy?  
Is it okay to call someone else a dummy?  
Why or why not?  
Is there something Russet could say to himself that is kinder or more helpful?  
How do you encourage yourself? What words do you say? Do other people say encouraging words to you?  
How do you help encourage your friends?
- Read Brontorina together. Do a "book walk" as you introduce the front cover, the back cover, the title page, the author, and illustrator. As you read the story, talk about what the character is feeling and about the sequence of events. Be sure to consider if your child's attention is kept and to abbreviate the book as is needed. While you read, you can practice the ballet moves that the character practices.
- Talk with your child about how Brontorina is different from the other dancers. Ask, "Did her differences bother her? What characters helped her understand that it is okay to be herself?"

Preschool Texas Essential Knowledge and Skills (Prekindergarten TEKS):

- ✓ (III.D.1) Child retells or re-enacts a story after it is read aloud.

Special Needs:	a. Help teach your child explore independent play activities with a new toy. Consider a toy that your child has shown interest in (i.e. a train or a ball).	a. A toy that your child is interested in (i.e. train, ball).	<ul style="list-style-type: none"> <li>• Keep the activity simple and model how to use the toy with its intended purpose. Each time the child uses the toy appropriately, reinforce the behavior by praising your child.</li> <li>• If your child does not show interest in the original object, you can switch the toy and choose something different.</li> </ul>	✓ Exploring solitary play—manipulating objects independently of others
Family Assignment:	<ul style="list-style-type: none"> <li>• It is important for your child to understand that people have their own thoughts and feelings at different times and within different environments or scenarios. Talk each day with your child about your common and unique interests, your emotions, and about your thoughts.</li> <li>• Play music, sing songs, or recite poems for and with your child. Model the words to describe the experience, name emotions, and ways to handle it(problem solve)</li> <li>• Organize play dates for your child to encourage her to interact with children her age. Model positive social interactions (i.e. asking for toys, communicating, and sharing with others). Model how to use words to express feelings and intentions, model appropriate behavior, how to acknowledge feelings, and ways to resolve conflicts.</li> </ul>			
Resources:	<ul style="list-style-type: none"> <li>• For the <i>Not About Perfection</i> video and additional activity ideas, visit: <a href="http://www.klrn.org/healthy-kids">www.klrn.org/healthy-kids</a></li> <li>• <u><a href="#">101 Games and Activities for Children with Autism, Asperger's, and Sensory Processing Disorders</a></u> by Tara Delaney, M.S., OTR</li> </ul>			