

# The Couch Potato Blues

## TEKS: First Grade

- 9 (A) Describe the plot (problem and solution) and retell a story's beginning, middle, and end with attention to the sequence of events.
- (B) Describe the characters in a story and the reasons for their feelings.
- 13 (A) Identify the topic and explain the author's purpose in writing about the text.
- 14 (A) Restate the main idea, heard or read.
- (B) Identify important facts or details in text, heard or read.
- (C) Retell the order of events in a text by referring to the words and/or illustrations.

## Meets Additional TEKS:

Reading: 1(F); 4(A,B)  
Math: 7(D)  
Writing: 17(A,B,C,D,E)

## Objective:

Students will explore the fact that all people have feelings.

Students will be able to identify, describe and name four or more different emotions.

Students will make distinctions between physical feelings such as hunger and emotional feelings such as sadness.

Students will observe how different people might experience different emotions in response to the same situation.

Students will identify at least two different and healthy ways a person might choose to act in response to his or her own feelings.



## Activities:

1. Introduction (5 minutes) –  
*The Couch Potato Blues* video

introduces students to the idea that food choices can impact mood.

2. Are You Happy (5 min.) – A quick discussion that helps students identify different emotions.
3. Shared reading (10 min.) – Read a short book and discuss different emotions in the story.
4. Points to Ponder (5 min.) – Options for further discussion.
5. "Face It" (45 min.) – An exercise that helps students identify activities that can change a difficult mood to a more resourceful mood.

## Materials:

**Introduction: Video:** The Couch Potato Blues

**Shared Reading: Books:** Today I Feel Silly and Other Moods That Make My Day by Jamie Lee Curtis

**"Face It":** manila paper, glue, a medium sized empty box for each student (cereal box, tissue box, etc.)

## Did You Know...

Drinking just one 20-ounce can of a sugary drink per day can result in a person gaining 25 extra pounds each year.<sup>1</sup>

The carbohydrates in oatmeal trigger the body's release of serotonin which is a hormone that relaxes you.<sup>2</sup>

## Pedagogy:

Remember to use Bloom's Taxonomy and Gardner's M.I.! For example, in this lesson, you might ask students to DEMONSTRATE what a "couch potato" is and COMPARE that to a favorite athlete's physicality (Bloom). Alternatively, for a logical/mathematical style of learner (Gardner), you might suggest that the student create a timeline that plots his or her moods throughout the day.

## Brain Builder Vocabulary:

Emotions  
respond  
situation

**Opposites:**  
bored/excited  
tired/full of energy  
embarrassed/proud  
sad/happy  
discouraged/confident

## Additional Books:

How Are You Peeling? Foods with Moods by Saxton Freymann and Joost Elffers

## Other Resources:

<http://pbskids.org/itsmylife/emotions/anger/index.html>

<http://kidshealth.org/kid/feeling/>

<http://www.childrensmuseum.org/themuseum/healthhouse/investigation/index.html>

<sup>1</sup> <http://fatsmack.org/drinking-sugar/#>

<sup>2</sup> [http://www.cbsnews.com/2100-500165\\_162-4167589.html](http://www.cbsnews.com/2100-500165_162-4167589.html)