

Level: [Grade] K – 7 - Part 2

Social Emotional Learning and Indigenous ways of being: Self and Social Awareness

Indigenous literature supports personal and social growth – Learning about the feelings of others and ourselves influences our health and well-being.

Goals/Objectives:

- Students and their families will see themselves reflected in their education process
- Students will begin to understand how Indigenous Oral traditions like storytelling, supports the wellbeing of self and their Indigenous communities.

Materials Needed:

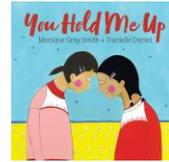
- Laptop or ipad to access video, internet access
- pencil, coloring pencils
- Small pieces of colored paper or colored pieces of fabric
- Old white sock
- Glue,
- Markers
- scissors

Task Instructions: (Step by Step)

1. Watch the video again. Copy and Paste this link into your browser <https://youtu.be/Uiuev2fXvRU>
Monique Grey Smith – You Hold Me UP
2. When finished the video:
 - Think - Did you learn more from the story this time after watching it a second time
3. Now FUN TIME– Making a Sock puppet – Copy and paste the link into your browser and watch the “How to make a Sock Puppet” video: <https://www.wikihow.com/Make-a-Sock-Puppet>
4. Take your white sock and MAKE sock puppet(s):

Grade K-4 – Try the Method 1 puppet. Use the materials you have at hand. Students can use glue and colored paper or draw with colored markers to create their sock puppets. *I might make a really easy sock puppet by simply taking colored markers and drawing eyes, a nose and a mouth on my sock.*

Grade 5 – 7 – If you are up for a challenge, try to make the Method 2 puppet with the mouth.



5. NEXT: Create your story of about how you would hold someone up or of how someone has held you. **IMPORTANT IDEA; USE YOUR MEMORIES TO REMEMBER BEFORE AND AFTER FEELINGS.** How did YOU feel BEFORE someone held you up, what do you think person SAW that showed them you needed a friend. How did you feel AFTER someone was a friend to you? How about you? How were you a friend to someone? Use your puppet(s) to tell your story. For example: If someone chose to be Kind to me, I might tell a story by having my puppet:
- tell a story about what I saw that showed me someone needed a friend – maybe being along all the time
 - show what I did to be a friend to that person - like going to talk to someone who I notices no one was playing with and asking them to play with me so they could meet new friends
 - tell how I helped that person make new friends and how happy my new friend was and how happy that made me feel
6. Share your puppet show to your family - Most importantly -*Hold Someone Up today* – make someone smile today 😊

Adaptations/Adjustments: (consider different environments)

Call a friend or family member who is far away to talk to about the video; you can tell them about the link or send the link for the story.

Share your puppet story to your class.

Think about one person you can talk to if you need to be comforted.

Extensions (Optional):

Have each family member make a puppet and create their own story of how they would Hold Someone UP. Create puppet stories for other books you have read.