**Welcome Club – Express Your Feelings - Sincerity**

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|  **Materials** |
| **Activity 1** | Cotton Balls, dixie cup, cones, buckets |
| **Activity 2** | Comic strip, pencils |

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| **Objective** |
| Students should be able to….1. Identify what emotions they are feeling.
2. Demonstrate how solve a problem with a friend. Or Show they know how to address a friends feelings.
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| **Welcome Students –** 20 *minutes* |
| Boys and girls will check-in at separate classrooms. (Boys-C4. Girls-C5). 1. **Coach #1** instructs students to line up outside and gives them their name tags. Have spare name tags and a sharpie for writing new name tags.
2. **Coach #2** take attendance. Be prepared to add new students to the roster. Ask the new student their *first name, last name, grade* and *teachers name* (if they don’t know the teacher’s name that’s ok...the first 3 are a must).
3. **Coach #3** unstacks chairs and puts snack (chips, granola bar, fruit and a drink) and hand sanitizer at each group’s table.
4. **All Coaches** talk with students while they have their snacks. Use questions below to start conversation.

**Prompt Questions**: Last week we talk about being honest with your feelings. Do you remember what honest means? Was there a day last week at you didn’t want to be honest with how you felt? What is something at school that made you happy? **Materials**: name tags, sign in sheet, pens, chips, granola bar, fruit, drink |

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| **Activity:** Cotton Ball Crawl **–** *15 minutes* |
| Students will be able to work as a team in this game. The objective of the game it races against other teams and see which team communicates the best. *(~10 minutes)* - Have students form 2 lines outside. Place a bowl full of cotton balls in front of each line and a bowl at the other end of the playing space. Set a timer for 5 minutes. The first students must bend over so their back is parallel to the ground. The 2nd student in line uses a dixie cup to scoop some cotton balls onto the first student’s back. The student then walks quickly to the other end of the playing space and tries to get their cotton balls in the 2nd bucket. The first student then sits down behind the 2nd bucket. Once the first student sits down the 2nd student stands parallel to the ground while the 3rd scoops cotton balls onto their back. This continues until the time is up.**Lead Coach:** *(2 minutes)* Explain the rules of the activity and ensure students are playing fair. ‘Okay every one I want you to line up on this line and sit down. You coaches are going to show you how to play a game. We have all these cotton balls in the bowl but we need to get them to the other side. Is that easy to do? But I have a trick. The cotton balls need to be on your back. When you walk/crawl. Okay let’s watch our coaches play the game.’ (have coaches play the game) ‘now we are going split into two teams.’ Name a students to be first in each team and have the students and coaches line up after them. Make sure a coach goes last and that students and coaches are mixed in the order they are lined up.**Co-Coach:** Encourage students in the game and cheer them on. Play on a team, be in the example, and help make sure everyone is being honest.**Materials:** Cotton balls (10-15 per group), dixie cups, bowls, cones.*~3 minutes for transition* |

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| **Lesson Topic –**25 *minutes* |
| This week’s lesson allows students to understand how they can express their feelings. Students will listen to lead coaches and learn about sincerity of feelings and honesty with feelings. Students able to reflect on previous lessons on feelings and they can apply it themselves as well. At the end of the lesson, students will be able to reflect in their groups and discuss what they have learned today about expressing their feelings.**Table Coach:***(15 minutes)*We have been learning about how we need to understanding our feelings, and other feelings as well. Another important thing is learned how express our feelings correctly.* What does being sincere mean to you? Sincerity means being honest and clear. Like we learned about honesty last week

 Being sincere with our emotions is important because we are able to let other knows how we feel. Let’s read this comic strip together. Who wants to read what Lucy says? (continue to have students take turns reading)* How does Charlie and lucy feel?
* How can they be sincere to each other?

**Let’s draw what happens next in the comic.** Ask the student what will happen at each panel. * You can finish the panel as a group or individually.

Now let’s make our own comic. * C***an you make a comic of something that happened to you this week.***

Discussion Questions *(10 minutes)** What should Charlie have said to Lucy in the beginning?
* What can Lucy do instead of moving the ball away from Charlie?
* What problems can happen if we are not sincere with our feelings? What if we told someone we are happy when we are really sad because we forgot our snack?
* There are times when we are overwhelmed with our feelings. How can we shown our true feelings so that others understand how we feel?

**Materials:** [**comic strip**](https://worldrelief.sharepoint.com/%3Aw%3A/s/Sacramento-Education/EY2ediuTfsVMvgElSs0WNoEBDS9356prYkr1JZ609Vm3CA?e=lCyUFf)Pencils |

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| **Homework –** Up to *40 minutes* |
| Students will focus on working on their homework for the day. **Coaches:** Give any help to students when asked. Help them work out any struggles they might have**Tutor tip and resources:** * Don’t give the answer to the students - help them work it out together.
* For math, use visuals to help them see the problem clearer; Help them spot key words in word problems and how to solve it
* For literature/English, help them sound out difficult words; if they are struggling and do not know the word, give them synonyms and give them a push to right direct
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| **Clean Up– 5** *minutes* |
| Instruct students to pick up and throw away trash before they leave.1. Pick up and throw away trash.
2. Sweep floor
3. Clean up WC supplies

**Coaches stay behind for a debrief**https://forms.office.com/r/r1kpc21QTh  |