



Oskar VS Thingamabob
Understanding and Dealing with Emotions

Grade Levels: K-3

"When you get afraid, Oskar, you just have to Float Away the Fear." - Mom

Vesture: An image created with the body.

OBJECTIVES

Students will be able to describe emotions that they feel and identify ways to deal with them.

MATERIALS

White board, and open space.

PROCEDURE

1. Discuss the emotions Oskar dealt with in the show, Oskar VS Thingamabob – fear, anger and sadness. Add additional emotions that the students feel in their lives not addressed in the show. List them on the board
2. Next, ask the class if they remember how Oskar changed physically when he was experiencing those emotions. Have a student show with their bodies what Oskar did. When Oskar was scared, he laid on the floor in a ball. When Oskar was angry, he stomped around. When Oskar was sad, he hung his head and cried. Brainstorm physical responses to the other emotions you collected as a class and have the students agree on a vesture. Ex. When I am nervous, I twiddle my fingers. When I am excited, I jump up and down. When I am confused, I put my hand on my chin (or the thinker pose from Rodin's sculpture).
3. This is when you need an open space in the classroom – push tables and chairs to the edge of the space or explore this in an outside space. Have the students start walking around in the space. Engage the imagination by having them pretend they are in a park on a sunny day. Using a verbal cue or a sound (like a series of claps, the shake of a tambourine, the beat of a drum) have them stop and freeze. Call out one of the emotions and have students transform into the vesture. Then give them a cue to start walking again. Repeat the sequence calling out a new emotion every time.

4. Now add ways that they can deal with these emotions. Ask the students if they remember the techniques Oskar learning in the show. When he is feeling scared, he can 'float away the fear' by blowing up a big balloon that is the color of his fear and let it float away. When he is feeling angry, Oskar can 'count to calm' and say a word that makes him laugh. When he is feeling sad, Oskar can say his superhero phrase. Have the students think of the color of their fear balloon, their word that makes them laugh and their superhero phrase. Brainstorm with students ways to deal with the other emotions you decided on. Ex. When I am feeling nervous, I can tell myself "You can do it! You can do anything!". When I am feeling excited I can breath long and slow. When I am feeling confused I can catch ideas out of the air.

5. Now revisit the game of walking around and cueing students to freeze, calling out and emotion and then add "What are you going to do about it?" and have the students use the techniques you discovered to deal with the emotions.