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Do you ever feel nervous? 55 min

Objective:

To understand the signs of nervousness and how to calm those feelings

Big Idea:

There are times that you will feel nervous but you can do things to make yourself feel better.

1. Warm Up / Anticipatory 15 min

Read aloud: *I Used to Be Afraid*, by Laura Vaccaro Seeger. Have the kids discuss a time that they felt nervous and what happened.

2. Investigation and New Learning 10 min

Pull up wonder #1760 and read through it with the kids. Clear up any unfamiliar vocabulary as you go through the passage. Stop and retell what was learned in each paragraph.

3. Review & Check for Understanding 30 min

Create a class chart titled: What Can I Do If I Get Nervous?

Have kids brainstorm with their thinking partner what they might do if they get nervous. Listen in and write down things kids suggest to each other writing the child's or children's names after so the other students can go to them for help if needed with the strategy.

Then have kids draw a picture of themselves and write in a speech bubble, When I get nervous I... Hang the pictures up in the classroom for kids to refer to as the year progresses.



Note: For younger children, break this lesson into two parts. This is a great wonder to use during the first week of school!