



# LESSON PLAN

## *The Inside of ME*







**Grade Level:** K-3

**Subjects:** English language arts, science, social studies, and art

**Duration:** 5 weeks

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### *Learning objectives:*

-  To explore the connection between their inner feelings and the natural world.
-  To develop vocabulary related to nature and emotions.
-  To practice mindfulness and observation skills.
-  To engage in creative thinking and expression through art and writing.



# WEEK 1

## *Introduction to the story*



**Subject:** English language arts and social studies

**Objective:** Understand the connection between nature and emotions.

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### *Activities:*

- ✿ Read-aloud session: Read *The Inside of ME* aloud to the class. Pause to discuss how different places in nature make the narrator feel.
  
  - ✿ Example questions: How does the narrator feel when they are by the sea? What does the narrator see and hear in nature? How does it make them feel inside?
  
  - ✿ Emotions and nature worksheet: Invite students to draw their favorite place in nature and describe how it makes them feel inside. Label the drawing with words like happy, calm, or excited.
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### *Common Core alignment:*

ELA-LITERACY.RL.K.3: Identify characters, settings, and major events in a story.

ELA-LITERACY.RL.1.7: Use illustrations and details in a story to describe its characters, setting, or events.



## WEEK 2

### *Exploring nature's impact on feelings*



**Subject:** Science and social studies

**Objective:** Explore how being in nature can change how we feel inside.

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#### *Activities:*

- ✿ Discussion: Talk about different places in nature mentioned in the book (like the beach, forest, or hill). How do these places make the narrator feel? Why does the narrator feel that way?
  - ✿ Nature scavenger hunt: Take a walk outside (around the school or a nearby park). Encourage students to observe nature and notice how it makes them feel. Invite them to find specific things, like a leaf, a rock, or a tree, and think about how these things affect their emotions.
  - ✿ Reflection worksheet: Invite students to draw, write, or share about one thing they found during the scavenger hunt and describe how it made them feel inside.
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#### *Common Core alignment:*

K-ESS3-3: Communicate solutions that will reduce the impact of humans on the environment.  
1.5 Social Studies: Identify and describe ways people can change their environment to improve their community.



## WEEK 3

### *Creative writing and expression*



**Subject:** English language arts

**Objective:** Encourage creative writing about how nature affects emotions.

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#### *Activities:*

✿ Creative sharing: “Write or share about a time you were in nature. How did it make you feel inside? What did you see, hear, and feel?”

Example writing: “When I sat by the pond, I felt calm. The water was quiet, and I heard frogs croaking.”

✿ Drawing worksheet: Students draw a picture of themselves in nature and write or share a few sentences about how it made them feel inside.

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#### *Common Core alignment:*

ELA-LITERACY.W.K.1: Use drawing and writing to compose opinion pieces.

ELA-LITERACY.W.1.3: Write narratives in which they recount two or more appropriately sequenced events.



## WEEK 4

### *Art and mindfulness in nature*



**Subject:** Art and science

**Objective:** Engage in mindfulness and artistic expression inspired by nature.

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#### *Activities:*

🌿 **Mindful observation:** Spend quiet time outside, focusing on one part of nature (e.g., a tree, a flower, the sky). Invite students to use all their senses—what do they see, hear, smell, and feel?

🌿 **Art project:** Invite students to create a nature-inspired artwork based on their observations. They can use materials like leaves, twigs, and rocks or simply draw what they observe.

🌿 **Discussion:** Talk about how focusing on nature made them feel. Did it change how they felt inside?

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#### *Common Core alignment:*

VA:Cr1.2.Ka (Visual Arts): Engage in exploration and imaginative play with materials.



# WEEK 5

## *Review and final project*



**Subject:** English language arts and social studies

**Objective:** Review the story and create a project that reflects students' understanding of the connection between nature and emotions.

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### *Activities:*

- ✿ Story review: Retell the story of *The Inside of ME*, focusing on how nature affects the narrator's feelings.
  - ✿ Final project: Students create the booklet "My Feelings in Nature." Each page shows a different place in nature (e.g., a forest, beach, or pond) with a drawing and a sentence describing how it makes them feel inside.
  - ✿ Class presentation: Each student shares their favorite page from their booklet with the class.
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### *Common Core alignment:*

ELA-LITERACY.SL.K.4: Describe familiar people, places, things, and events with prompting and support.

ELA-LITERACY.RL.K.2: With prompting and support, retell familiar stories, including key details.



# WORKSHEETS



## *Emotions and nature worksheet*

🌿 Instructions: Draw your favorite place in nature. Write a word or sentence about how it makes you feel inside. (e.g., happy, calm, or excited)

## *Scavenger hunt reflection worksheet:*

🌿 Instructions: Draw or write about one thing you found during the scavenger hunt. Describe how it made you feel inside (e.g., “I found a big leaf. It made me feel happy because it was so green and pretty.”).

## *Creative writing worksheet:*

🌿 Instructions: Draw yourself in nature. Write a few sentences about how being in nature made you feel (e.g., “I felt calm when I was by the tree. The leaves were rustling in the wind.”).

## *My feelings in nature booklet:*

🌿 Instructions: Create a booklet. On each page, draw a different place in nature and write a sentence about how it makes you feel inside (e.g., “The beach makes me feel peaceful” or “The forest makes me feel safe”).

*These activities are designed to encourage comprehension, creative thinking, and environmental awareness, all while aligning with the Common Core standards.*