

## You Are My Sunshine

By: Caroline Gray

You Are My Sunshine, is adapted from classic song that has been sung by many families as a lullaby. Reading this book is a great way to build attachment with students. This book can help students learn to discuss happy and sad emotions. More importantly teachers can learn things that comfort the student when they are upset. Explaining the benefits of the sun is a great way to teach children about their environment.

### Teacher Curriculum

Video: <https://youtu.be/Ln9-qB5ikpg>

### Reading the Story

Important Talking Points to cover before reading the book:

- ❖ As you introduce the story discuss the benefits of sunlight with the children.
- ❖ Explain how sunlight benefits our bodies and how plants need sunlight to be healthy and happy.
- ❖ Ask the children to identify something that makes them happy.
- ❖ Ask the children about the illustrations of the children in the books emotions.
- ❖ Reflect other feeling words that represent the word they used to help build their feeling word vocabulary.
- ❖ Ask students to give other feeling words for happy, sad, etc.
- ❖ Use the illustrations to help students understand respect and love and tie it to social interactions with classmates, family and community.

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**Circle Time:** The theme of this book can help students learn how to express their emotions. Children can learn to identify emotions by the illustrations in the book. This promotes social awareness. Teacher should use different feelings words to help the students build a feeling vocabulary. An example would be: Johnny says; “I was happy when my dog kiss me on the lips”. Teacher may say; “sounds like you were very excited”. Using the theme of this book can also help students understand the importance of caring for our environment, community, family and school. Teacher should discuss the illustrations in the book which shows children loving and caring for their stuffed animals. This theme can be tied into how we love and care for our classmates and families and how the parents and teachers in their lives love and care for them. This theme can be carried out to help children understand how love and respect goes hand in hand. Discussions about the sun and the benefits we receive from sunlight will help children understand nature.

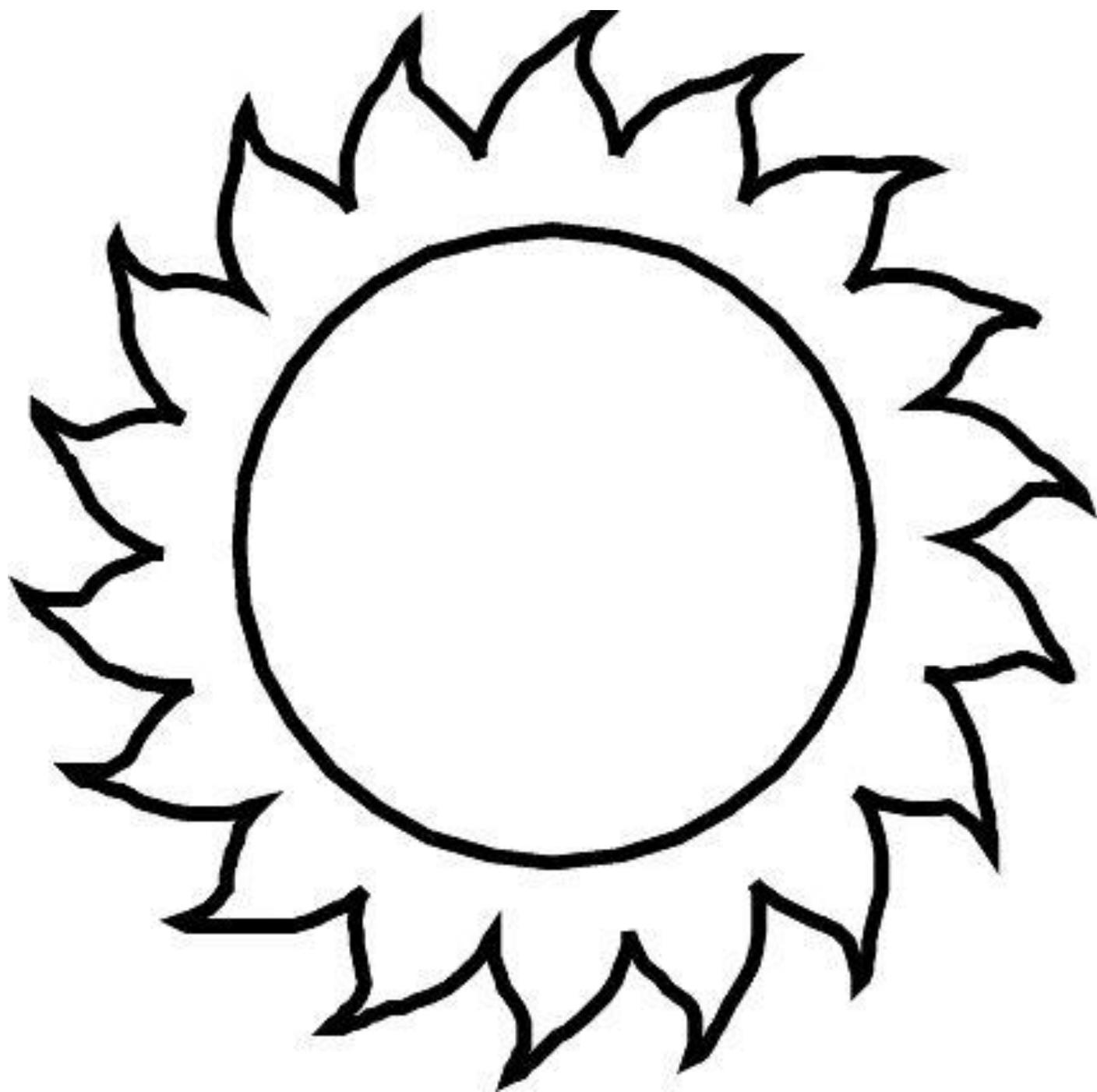
**Music and Movement:** This book is adapted from a song which can be used during morning music and movement. Children can sing the song to movement that is choreographed by the teacher. The movement is modeled for the students to follows the teacher’s movement. This promotes physical activity and helps the students learn to move to a rhythm. Students also learn to follow directions. The song can be used to show happy and sad faces when discussing sunshine students will show their happy face. When they sing about sky are gray, the student will show a sad face. Teacher can change the words and introduce new feeling words in this portion of the song to help the children with developing their feeling word vocabulary.

**Art Activity:** Using the theme of the book, the teacher can take pictures students. Using the printout of the sun, (the print out is at the end of the curriculum) have them to color their printout. Pictures are placed in the center of the sun. This craft can be laminated and displayed as a way for everyone to learn

names. This makes a great bonding activity for the classroom. Helping the students to understand that they make the teacher happy to teach them this year.

A second art activity, "Where Do I Feel" is attached to help children recognize emotions. Discussing with students how emotions feel let them describe the color they feel would describe each emotion and where. This help students to understand how to communicate their emotions in an effective manner.

**Science Activity:** Save milk cartons from your class lunch. Empty and wash the cartons. Gather potting soil, popsicle sticks, and a couple of packets of Zinnia flower seeds, (they are easy to grow). Set up a table for the children to place the potting soil in the cartons and have them to write the name of the flower on the popsicle stick. Discuss the importance of water and sunlight for the plants. Teachers can also tie this concept to the love of family, school and community. Allowing students to take turns caring for the flowers daily will also help the children to understand the importance of caring for the things in their environment. This is a great idea for spring time and the flowers can be taken home to be cared for during the summer. Help the children understand the importance of caring for the things they love is a great way to build attachment to their environment. Also help them understand how flowers need attention and love in the same way the children do.





Frustrated



Embarrassed



Sad



Mad

**This  
is  
how  
I  
feel  
today!**



Nervous



Happy



Proud



Scared



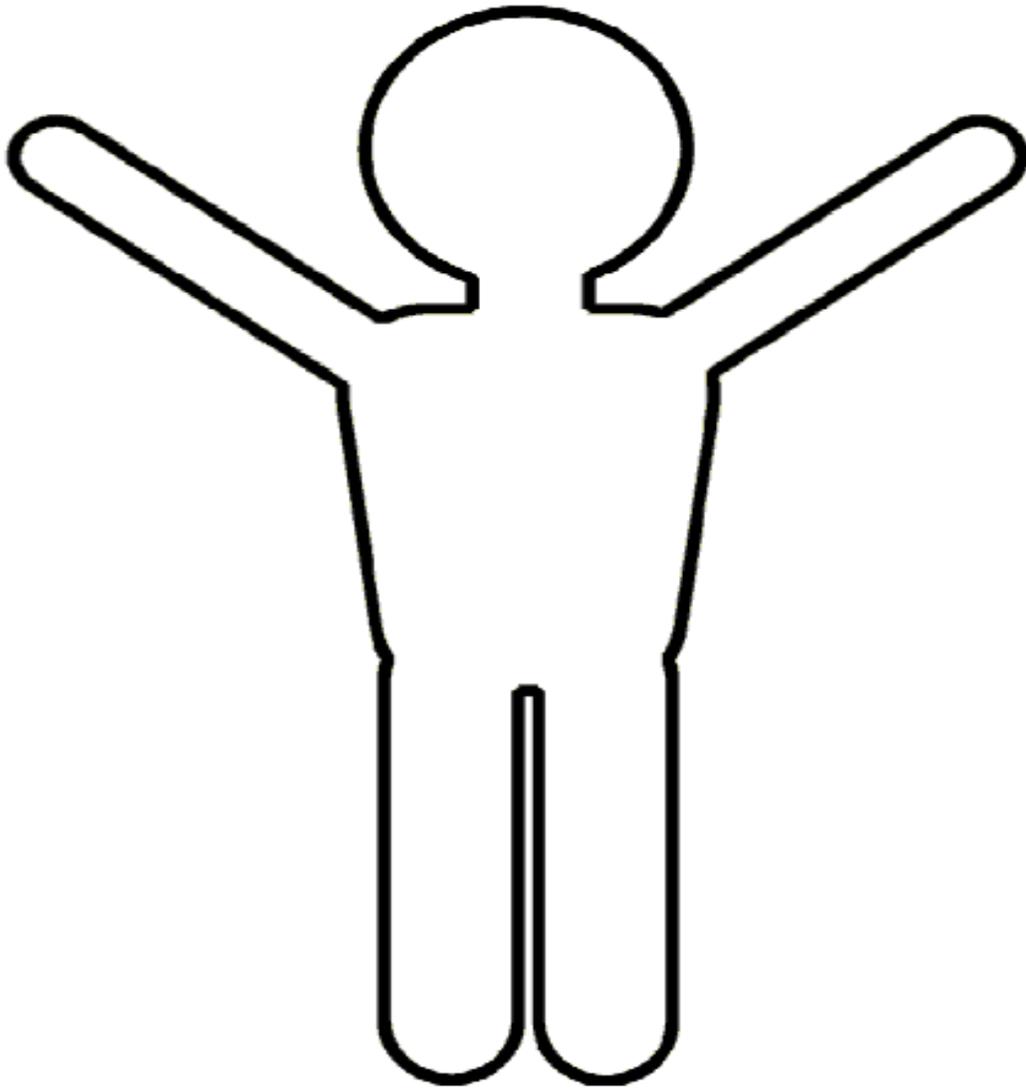
Loved



Lonely

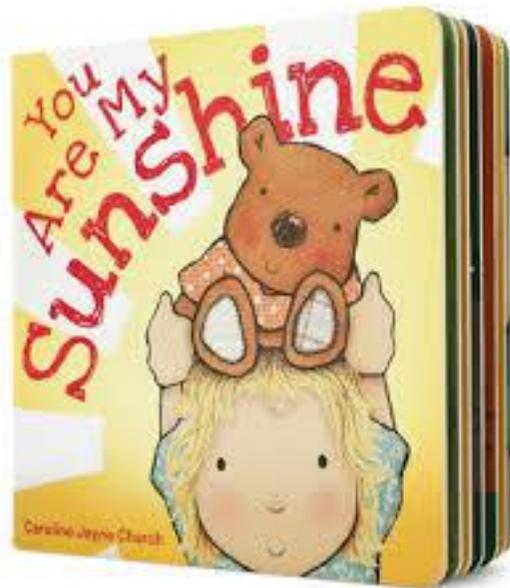
## Where Do I Feel?

We can recognize emotions by feeling them in our body.  
Color in where you feel each emotion.



	Sadness	Happiness	Fear	Anger	Love
Color:					

*This Curriculum was developed by Vandra F. Parks a current Social Work Graduate Student at the University of Memphis. She received her undergraduate degree from Christian Brothers University in 2007. She will complete the graduate program in the Spring of 2018. She has spent over 10 years working with at risk children. After raising two children she decided to fulfill her dream to become a social worker. Vandra has a great desire to work with children who live in impoverished areas of the city.*



## *You Are My Sunshine*

*By: Caroline Jane Church*

*Adapted from a classic song, which has become a well-known lullaby. This book is a wonderful way to build attachment with your child. Parents can use this book and song to spark conversations about happy emotions, love and security. Discussions about the sun and the benefits of sunshine will help build your child knowledge about nature and the world we live in.*

Video: <https://youtu.be/Ln9-qB5ikpg>

### **Parent Activities**

#### **Reading the story**

##### Important talking points to cover before reading the book:

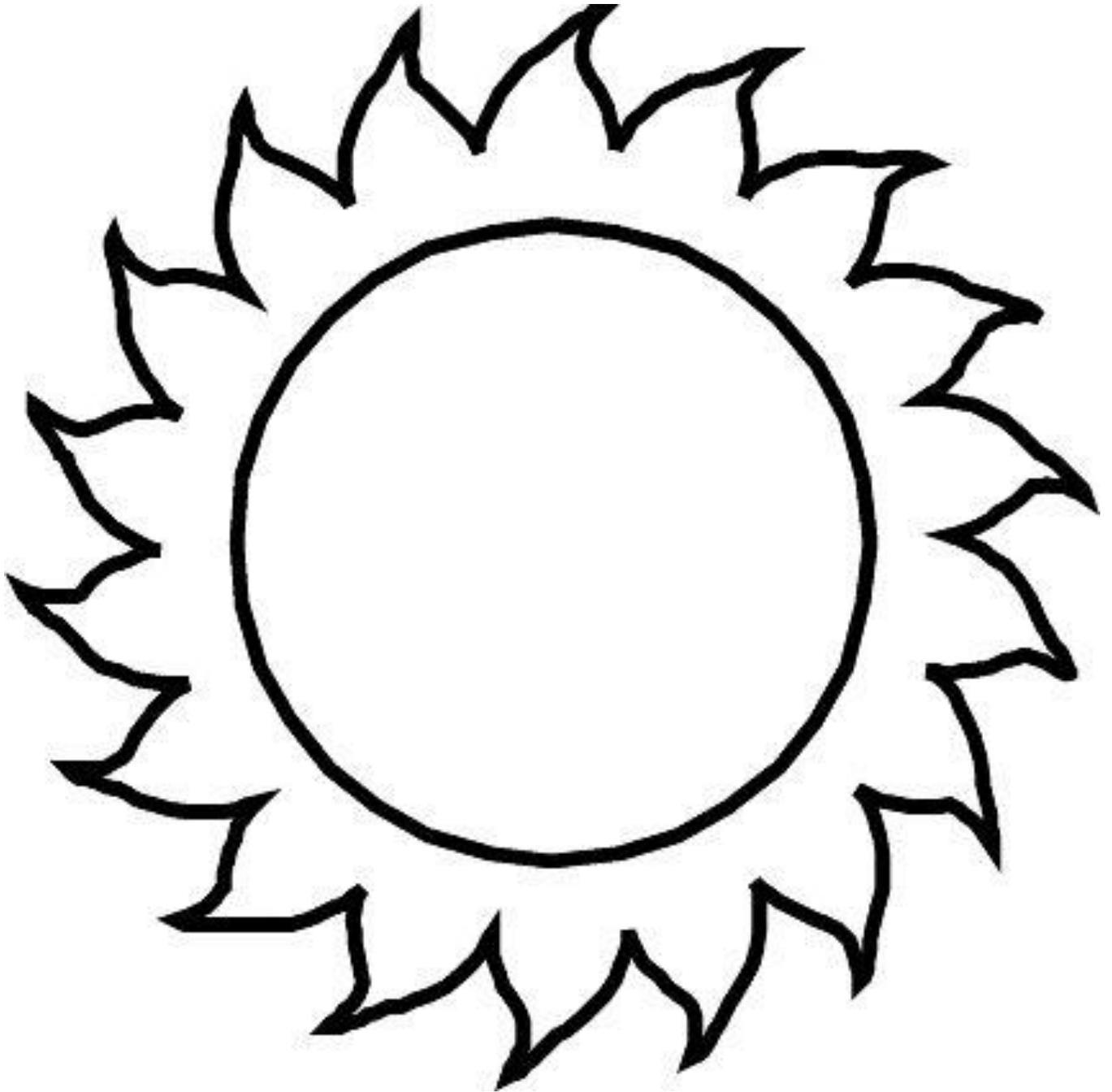
- Creating time to read books with your child regularly promotes positive family relationships and attachment.
- When you begin reading this book, begin by asking your child to discuss the child on the cover displays. This helps your child with developing social awareness.
- Ask your child how the sunshine makes them feel and discuss how they feel when its cloudy.
- Help your child communicate people and things that make them happy.
- Discuss with your child what makes you happy as a parent and what makes you feel better when you're sad.
- Ask your child about people and or things that comfort them when they are sad.
- Discuss the love the children in the book show love to their stuffed animals.
- Role play how love shown in the family home and school.



**Story Time:** Creating a story time routine is a great way to help your child build vocabulary skills and a love for reading. It can be a great time to help your child learn important social and emotional skills. We have been reading *You Are My Sunshine* in class. This book is a great book to teach about love and friendship. While reading the book have your child to discuss the children in the book. Discuss the emotions the children are displaying and name the emotions. Help your child develop different feeling words that mean happy or sad. Discussing the sun and the benefits from the sun is a great way to help your child understand nature and the world around.

**Activity Time:** The illustrations in the book show children who love their stuff animals. Attached is a picture of a sunshine. Parent and child can color the picture of the sun. Using scissors cut out the center and put a picture of a person or thing that makes your child happy. This is a great activity to help you and your child discuss their strengths, interests and challenges. Using the theme of the book discuss things that make you and your child happy in the family, community and school environment.

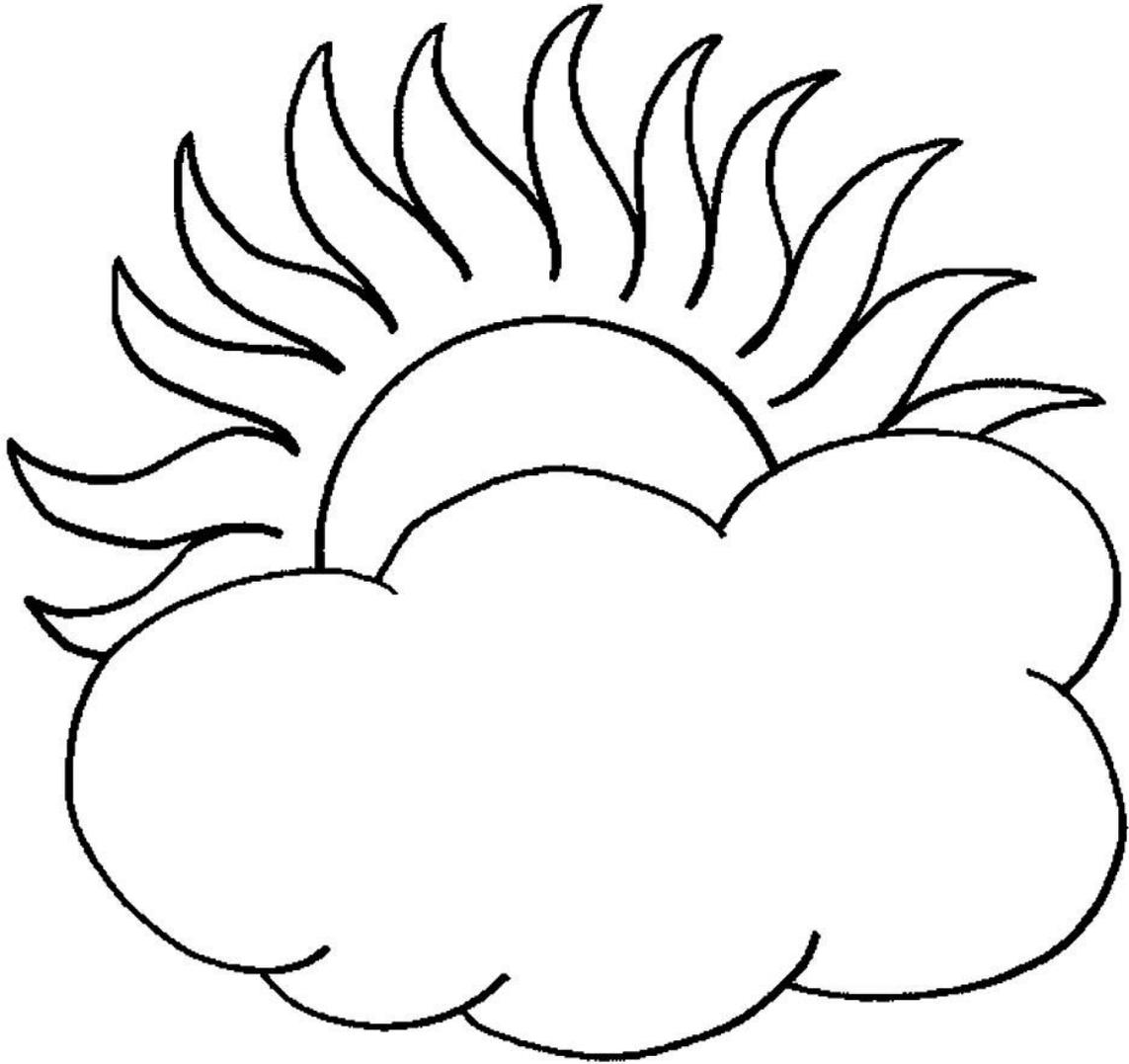
**Family Time Activity:** Planting flowers or vegetables is a great way to help your child understand the environment around them. Teach your child importance of sunshine to our bodies and to the food we eat. Spend some time each day talking about happy moments “sunshine” of their day and anything that may have made your child feel sad “cloudy”.



**Directions:** Color the sunshine using crayons, markers or glitter. Parent cut the circle in the center of the sun out. Take a picture of what makes your child happy and place the picture in the center

For a family activity write something that makes each family member happy, on the points of the sunrays and color in their favorite color. These activities help to creating memories and bonding experineces among family members.

Things that make me feel sad :

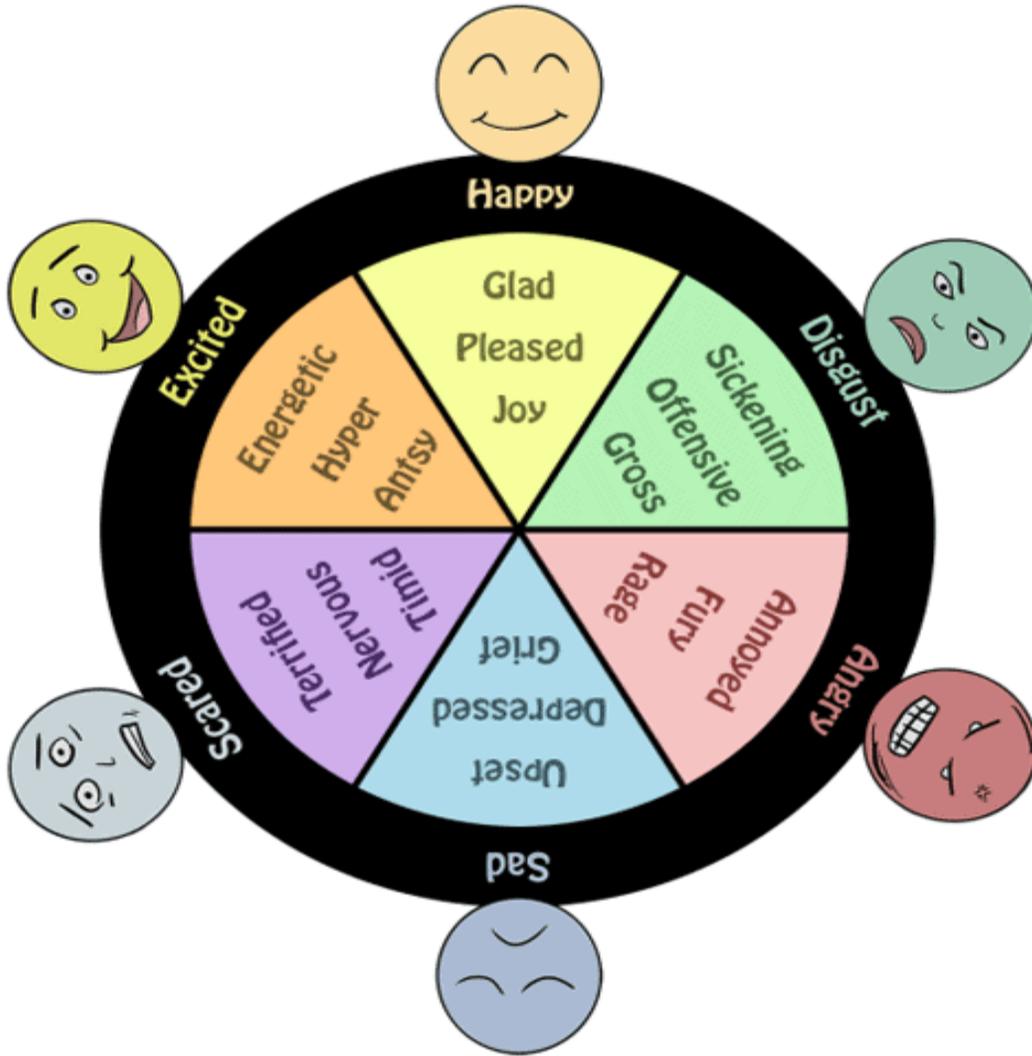


*Color the picture above and discuss things that make you sad. Write the words in the cloud above. Use the space below to discuss what brings comfort when you're sad..*

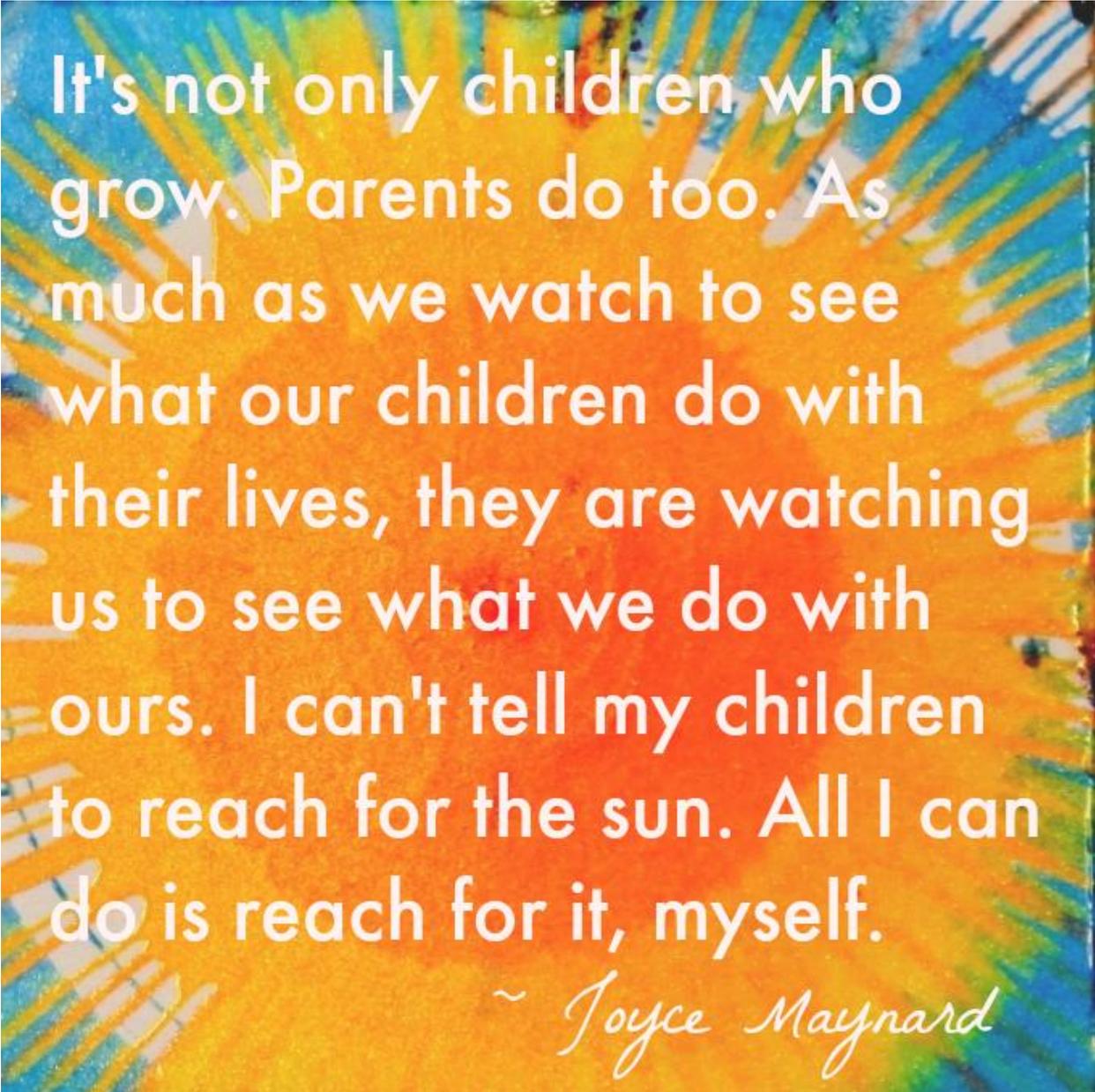
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# Emotion Wheel



Motivational Parenting Thought:



It's not only children who grow. Parents do too. As much as we watch to see what our children do with their lives, they are watching us to see what we do with ours. I can't tell my children to reach for the sun. All I can do is reach for it, myself.

~ Joyce Maynard

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