



EXPLORING OUR EMOTIONS

Class 2-109 at P.S. 197 John B. Russwurm





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Behind the Book's mission is to develop engaged readers and writers in underserved NYC public schools by designing and delivering programs that are multi-disciplinary, culturally responsive, and promote deeper connections to books and their authors.

Visit us at www.behindthebook.org

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In the interest of honoring student voice, Behind the Book presents students' work as received from the teacher.

This book was made possible by a generous grant from
The Korein Foundation.

The background is white with scattered colorful dots in shades of blue, pink, and teal. There are several stylized smiley faces in grey, teal, and pink, some with simple curved lines for mouths and dots for eyes. The text is centered in the middle of the page.

DEDICATION

Class 2-109 Family would like to dedicate this book to our family, friends, and school community. We would not have been as successful this year without the love and support from each of them. We are especially thankful for Ms. Spann, our principal, and Ms. Diaz, our assistant principal, for their dedication to our growth as students and people, helping to make this year one of the best ever! Thank you, Ms. Spann and Ms. Diaz, for bringing Behind the Book to us. This has been an amazing experience. Thank you to Ms. Shirley and her team of helpers from Behind the Book.

ABOUT THE PROGRAM

How can we learn to tune into our bodies and manage our feelings?

The second-grade students of Ms. Ramos and Ms. Tucci's class 2-109 began their exploration of feelings and their physical reactions by reading *Listening to My Body* by Gabi Garcia.

The class dove deeply into the book's topics through a wide range of activities. They participated in exercises in body awareness and mindfulness, they met virtually with the author, and they produced original writing about

their physical reactions to various emotions. Finally, using art as another method of expressing feelings, they discovered new ways to regulate their emotions.

The first activity was called 'body scanning' in which the class began by sitting down and closing their eyes. They placed their hands on their heads and stomachs while breathing slowly. This helped many students feel happy and peaceful. Several students reported that their bodies 'felt calm' during the scanning exercise.



During the author's virtual classroom visit, Gabi Garcia showed slides and talked about her own experiences. She led them in a lively game of charades featuring different emotions to act out.

Students next began creating writing projects that reflected specific feelings, both positive and negative. Behind the Book volunteers worked with the students to convey the ways that their bodies react to those emotions. One student explained that "when I'm feeling angry, I need to slow down, count to ten, and walk away."

To introduce art as a means to share feelings and regulate emotions, Behind the Book teaching artist

Candice Humphries led the class in creating scented 'worry stones.' Students learned how different senses can be used to communicate and express emotions with art. The students used modeling clay, watercolors, and bits of lavender to design and fabricate their own worry stones.

Using Garcia's book as a starting point, the class discovered many ways our bodies are influenced by our emotions. They learned how these feelings can be explored and managed in many positive ways as we carefully listen to our bodies.





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CLASS



2-109





JURNEE





one emotion I feel in my body
is content. I feel content when
I Relax. When I am focused, I also
feel content with my work. Focusing
helps me to Relax. It
keeps my body calm and still.
being content is feeling peaceful in
inside my body





LONDYN



One emotion I feel in my
body is tired when I feel tired
I want to go to sleep. It helps me
relax when I feel tired,
I sit down and just do nothing.
Sometimes I take a deep breath
to make my body feel
good. Being tired is good because
I can relax and rest.



DANIEL





An emotion I feel is excited
when I go to a soccer
tournament after school
I love soccer so it makes happy
to go this is a good feeling
when I feel excited
I get sweaty my heart
is pounding I'm focused
and full of energy when I feel
this way I need to relax
I do this by taking a few
deep breaths and close my
eyes to calm me down.



McKENZIE





one emotion I feel in my body is happy
I like feeling happy it is a good
emotion in my body I feel butterflies
beat really fast sometimes these
fast sensation don't feel so good even
when I tell me that I'm feeling
happy I feel happy I like to
sing a song and hug someone I love.





ROYAL

One emotion I
feel is happy
When I'm happy
my body is out of
control I can't sit
still I move like
I have ants in my
pants I also talk
way too much
sometimes I talk
over people or get in
trouble when I'm
happy because



I CAN'T CONTROL
MY SLEEP AND
FOGET TO LISTEN
I KNOW I NEED TO SLOW
DOWN AND RELAX
I PUT MY HEAD DOWN
AND TRY TO RELAX





AARON





One emotion I feel in my body is excitement. When I'm excited, I do a lot of fun things like going to the park and playing basketball. I also do fun things with my friends. When I'm excited I smile a lot and my heart beats so fast,





JEDIAH







SCARLINE





One emotion I feel in my body is happy. I like this emotion I feel in my body. Good sensation I feel in my body is buzzing. The buzzing happens when I'm excited for something that makes me happy. I also feel butterflies in my tummy. Sometimes when I'm happy my body needs to calm down. I can do this by taking deep breaths.



JEREMIAH







SERENITY

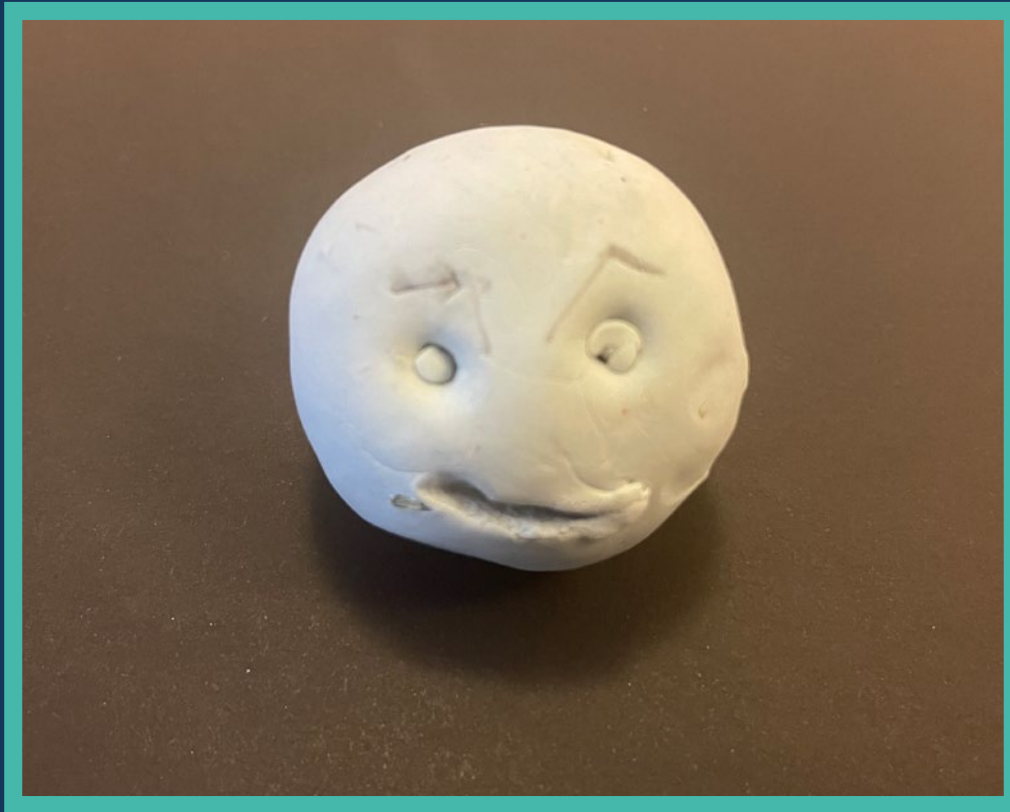


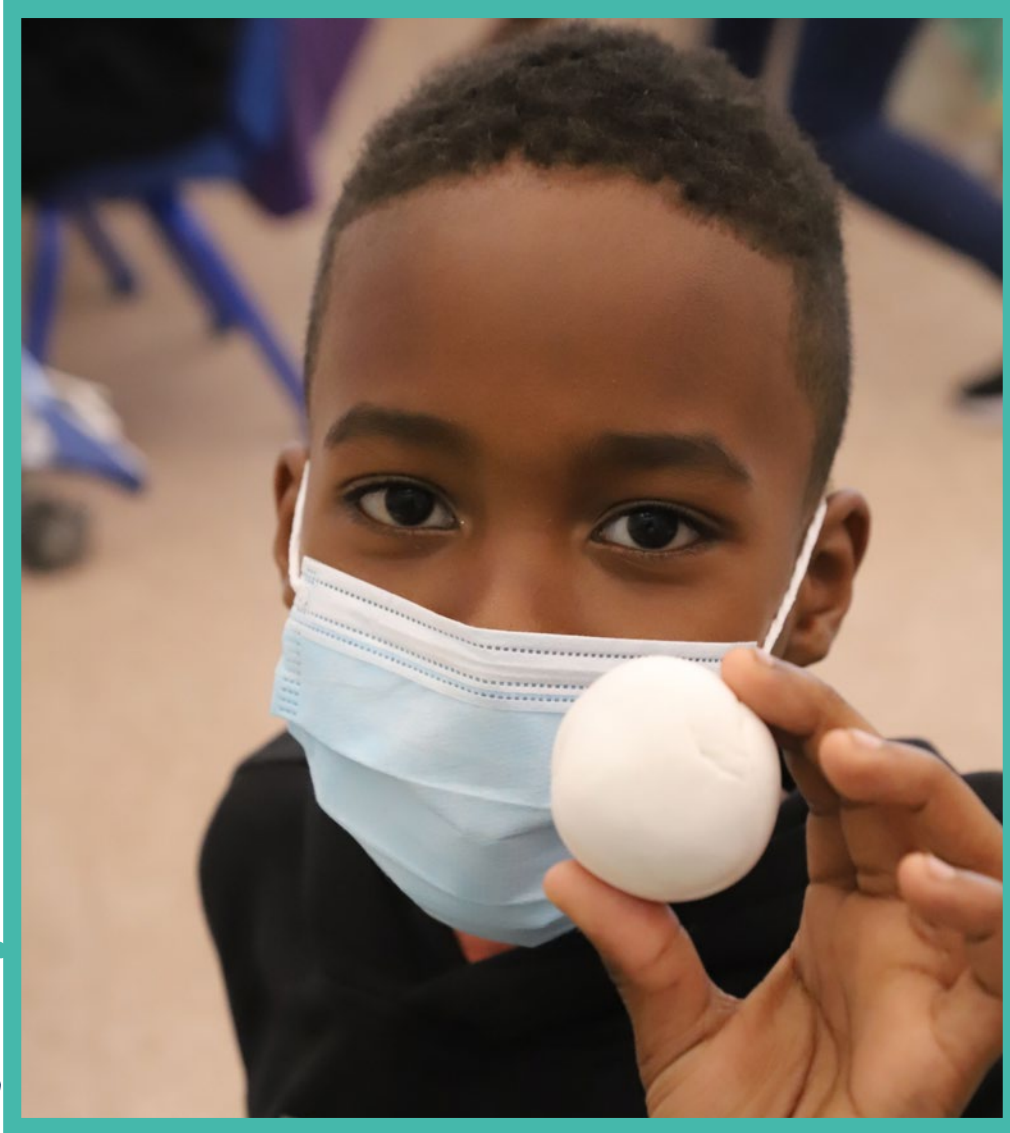


the emotion I feel in my body is hyperactive. It makes me feel like I have ants in my pants. I don't like it because I get too excited when I go to school and it's hard to concentrate. In my body, I feel shaking and buzzing like I'm moving even when I'm not actually moving. I know I need to calm down when I have ants in my pants, I can go for a walk and take deep breaths.



TAMARI









NAYLAH





One emotion I feel in my body is
Shyness It's okay to feel shy but
I don't like feeling shy It makes
me worry about doing new things
when I feel shy it's hard for me
to talk I get quiet to feel
better I hug my mom, this helps to
comfort me.



DARWIN



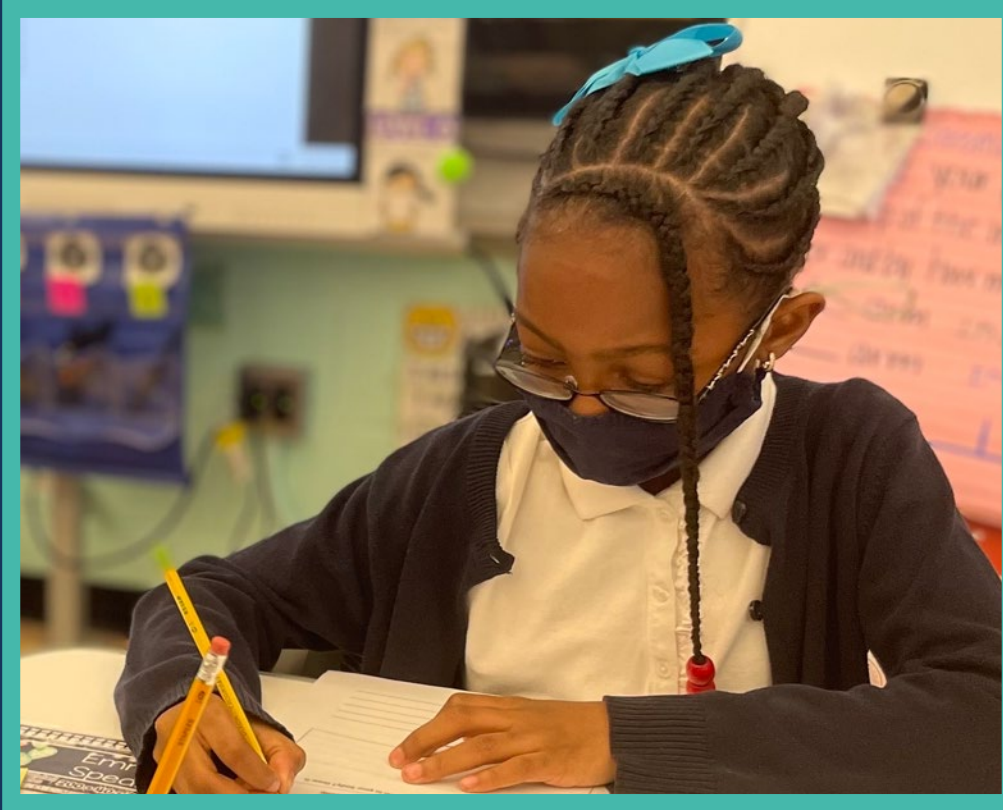


one emotion I feel in ~~my~~ ~~body~~
is happiness. When I feel happy,
I jump and jump. I like it
when I'm feeling happy. I have
a big smile in my face and my
heart beats fine. I feel joyful.
I can ~~be~~ be very active when
I'm happy.





EMMA





One emotion I feel in my body is excited. When I'm feel excited I put a smile on my face, I jump up and down, I danced all around, My heart beats so fast, also I'm full with energy I feel like there ants in my pants, I'm really shaky wiggly, I also feel like I'm buzzing. To calm down I place my hand on my chest and take 10 deep breathes.

ABOUT THE VISITING AUTHOR

Hi there! I'm Gabi.

I write picture books that support parents, educators, and caregivers in nurturing mindful, socially, and emotionally aware children. I believe in the power and beauty of books. I hope that mine will help

children embrace who they are through self-love and understanding of themselves. They address a wide range of topics that include kindness, self-compassion, mindfulness, empathy, gratitude, emotional understanding, friendship, and anxiety relief.



ABOUT THE STUDENT AUTHORS

Class 2-109 is made up of 16 individuals that came together to create the 109 family along with our teachers, Ms. Bernadette Ramos and Ms. Jennifer Tucci. We are 2nd grade students at P.S. 197 in Harlem. We take pride in our school, our community, but most importantly our

academic and social emotional well-being. The 109 family is not afraid of hard work, which is exactly what we did when we examined our emotions and the sensations. The ability to be in touch with our emotions will be a helpful skill we will carry over to 3rd grade and beyond!



ABOUT BEHIND THE BOOK

Behind the Book brings authors and their books into classrooms to build literacy skills and foster a community of lifelong readers and writers. Working with classes from Pre-K through 12th grade, our series of workshops is designed to bring books to life and inspire

students to reach their full potential. Behind the Book is embedded in the class curriculum, nurtures critical thinking, creativity, and self-confidence in New York City public school students. All programs meet the Next Generation Learning Standards.



Behind the Book

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NEXT GEN LEARNING STANDARDS ADDRESSED

WRITING

2W3: Write narratives which recount real or imagined experiences or a short sequence of events, including details to describe actions, thoughts, and feelings; use temporal words to signal event order, and provide a sense of closure.

READING

Craft and Structure 2R4: Explain how words and phrases in a text suggest feelings and appeal to the senses. (RI&RL)



Behind the Book



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