

# Ollie the Owl Learns About Feeling Tired

## Lesson Objective

Children will learn about recognizing when they feel tired, the importance of rest, and how to take breaks to recharge.

## Materials Needed:



- The story, “Ollie the Owl Learns About Feeling Tired”
- The song, “Ollie the Tired Owl”
- Paper and pencils, crayons and markers, glue stick
- Activity 1- Blankets, pillows, stuffed animals (Ollie and his friends puppets)
- Activity 2- Yoga mats or soft area, Visuals of yoga poses
- Home Connection Letter

## Introduction to the Topic (10 Minutes)

Greeting Outline:

- Welcome the children and have them sit in a circle (if applicable)
- Briefly talk about what they know about feeling tired.

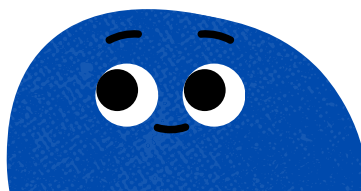
## Greeting and Circle Time Teacher Script

### 1. Warm Welcome and Opening Discussion:

- “Good morning, everyone! I’m so happy to see you all today. Please come sit with me in a circle.”
- “Today, we’re going to talk about something really important—feeling tired! Raise your hand if you’ve ever felt really tired before.”
- (Acknowledge their responses and engage with follow-up questions.)
- “What do you like to do when you feel tired? Do you rest? Do you sleep? Or maybe you just take a little break?”

### 2. Discussion Starter

- “When we feel tired, it’s our body’s way of saying, ‘I need a break!’ It’s okay to feel tired because everyone feels that way sometimes. Today, we’ll read a story about Ollie the Owl, who learns what to do when he feels tired.”



# Read the Story (15 Minutes)

## Story Time Outline



- Read the story “Ollie the Owl Learns About Feeling Tired” aloud to the class
- Ask questions during key parts in the story.

## Story Time Teacher Script:

### 1. Prepare the students for the story:

- “Now, it’s time to listen to a story called ‘Ollie the Owl Learns About Feeling Tired.’ I’ll ask some questions while I read, so make sure you’re listening closely!”
- (Read the story aloud, pausing at key moments to ask questions and engage the children.)

### 1. Read the story with emphasis on key moments:

- While reading, pause during key moments to ask the following questions:
  - “How do you think Ollie feels right now?”
  - “Why do you think Ollie is yawning so much?”
  - “What do you do when you feel really tired?” (Connect the story to their own experiences.)
  - “What time do you think Ollie went to bed last night?”
  - “Why is it harder for Ollie to play with his friends today?”
  - “How do Ollie’s friends react when he says he doesn’t feel like playing?”
  - “What advice do you think Grandma Owl will give Ollie?”
  - “What do you think happens to our bodies when we don’t get enough sleep?”
  - “How do you think Ollie will feel if he takes a nap or goes to bed earlier?”
  - “What do you think Ollie will do differently after learning about rest?”

## Ollie the Owl Learns About Feeling Tired



In a forest green and bright,  
Lived Ollie the Owl, with wings so light.  
With feathers soft and eyes so wide,  
He loved to play and often glide.

But one day, as the sun went down,  
Ollie wore a sleepy frown.  
His wings felt heavy, his eyes drooped low,  
He moved so slow, like a sleepy show.

Grandma Owl, so wise and sweet,  
Saw him sitting at her feet.  
“Ollie dear, you look so tired,  
Rest is what’s now required.”

“Feeling tired is a sign,  
That you need to take some time.  
To rest and sleep, recharge your way,  
So you can play another day.”

Ollie nodded, feeling slow,  
He knew that Grandma’s words did glow.  
“What should I do when I feel this way?  
When tiredness makes me want to sway?”

“First,” said Grandma, “find a spot,  
Cozy and warm, not too hot.  
Close your eyes and take a rest,  
It’s time to sleep, that’s the best.”

Ollie found his favorite tree,  
Where he felt safe and could just be.  
He closed his eyes, took a deep sigh,  
And felt the tiredness pass him by.

But sometimes Ollie felt so tired,  
When playing games that he admired.  
With Betty Beaver and Sammy Squirrel,  
And Harriet Hare in a happy whirl.

One day, while playing hide and seek,  
Ollie’s legs felt very weak.  
He sat down with a heavy sigh,  
Feeling tired, he wondered why.

Betty saw him and came near,  
“Ollie, it’s okay, don’t fear.  
When you’re tired, it’s time to rest,  
So you can play feeling your best.”

Sammy and Harriet joined the scene,  
With gentle words, so sweet and keen.  
“Rest is important, it’s okay,  
To take a break from fun and play.”

Ollie listened and then he knew,  
What his friends were saying was true.  
He found a spot under a tree,  
And closed his eyes, feeling free.

He dreamed of flying high and bright,  
Resting gave him strength and might.  
When he awoke, the stars did gleam,  
He felt refreshed, like in a dream.

“Thank you, friends,” Ollie said,  
“For helping me to rest my head.  
Feeling tired is a sign,  
To take a break and feel just fine.”

So when you feel tired, just like Ollie,  
Take a break and rest your body.  
Find a cozy spot to lay,  
And soon you’ll feel okay.

Remember Ollie, wise and bright,  
Who learned to rest both day and night.  
With sleep and rest, you’ll find your way,  
To feel refreshed and ready to play.

Ollie the Owl, with heart so true,  
Learned what tiredness can do.  
With Grandma’s wisdom and friends so dear,  
He found that rest brought back his cheer.

### 3. Post-Story Teacher Script

- “So, Ollie learned about the importance of drinking water every day because it helps our bodies.. I think that’s true for us too. If we drink water every day, we’ll feel better too.”

### 4. Post-Story Questions

Ask these questions to help students reflect on the story and connect it to their own experiences:

- "Why was Ollie feeling so tired in the story?" (Help children recall the main problem in the story.)
- "What did Ollie learn about getting enough sleep?" (Summarize the key message of the story.)
- "What happened when Ollie tried to play even though he was tired?" (Reinforce how being tired affects activities.)
- "What did Grandma Owl teach Ollie about rest?" (Encourage recall of important lessons in the story.)
- "How did Ollie feel after he got more sleep?" (Help children make the connection between rest and feeling better.)
- "What happens to our bodies and minds when we don’t get enough sleep?" (Discuss the effects of sleep deprivation.)
- "What are some things that help us sleep better at night?" (Encourage healthy sleep habits.)
- "How many hours of sleep do you think you need to feel rested?" (Help children understand age-appropriate sleep needs.)
- "What would you tell a friend who is feeling very tired?" (Encourage empathy and problem-solving.)
- "What is one thing you can do to make sure you get enough rest, just like Ollie?" (Encourage children to apply the lesson to their own lives.)

### Sing the Song (10 Minutes)



- Teach the children “Ollie the Tired Owl”
- Sing the song together a few times, encouraging the children to join in with the actions.

#### Teacher Script:

“Now, let’s sing a song about resting and recharging! When we rest, we give our bodies and brains time to feel better and stronger. This song will help us remember that it’s okay to take a break.”

# Ollie the Tired Owl

## Verse

## Hand Movements

### [Verse]

Ollie the Owl flies high in the sky	Flap arms
Big round eyes wide open why oh why	
All night long he does what he likes	
But come morning he's feeling like spikes	Yawn

### [Verse 2]

Flapping wings oh so strong through the night	Flap arms
Seeing stars twinkling bright in the light	
But the sun comes up and he's yawning now	Yawn
Time to find out what rest is all about	

### [Chorus]

Ollie you're tired close your eyes	Place hands together and rest head on hands
Lay down your head beneath the skies	
Dream of stars and the moon so high	
Ollie the Owl it's time to say goodnight	Wave

### [Verse 3]

Leaves rustle soft in the old oak tree	Wiggle fingers like leaves
Crickets chirping a sweet melody	
Ollie finds a cozy nook to stay	
Learning rest will make a brighter day	

### [Bridge]

He fought the sleep but now he knows	Place hands together and rest head on hands
Eyelids heavy as daylight grows	
Dreamland calls and he must go	
Resting well so his energy will show	

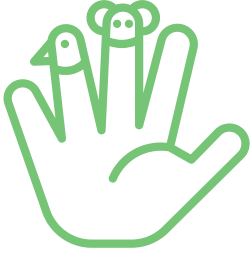
### [Chorus]

Ollie you're tired close your eyes	Place hands together and rest head on hands
Lay down your head beneath the skies	
Dream of stars and the moon so high	
Ollie the Owl it's time to say goodnight	Wave



## Do an Activity (20 Minutes)

### Activity 1: Creating a Cozy Corner (15 Minutes)



#### Introduce the Activity

- Help students create a cozy corner of the classroom.

### Activity Instructions

- Invite the children to help set up the Cozy Corner. Select a small area of your classroom for the Cozy Corner and place the picture of Ollie resting in the Cozy Corner
- Encourage participation:
- “Where should we put the pillows? Should the stuffed animals sit here or there?”
- Once the Cozy Corner is set up let a few of the students at a time rest for a few minutes.
- “Great job, everyone! Now we have a space where we can rest when we feel tired.”

## **Activity 2: Rest and Recharge Yoga (15 Minutes)**

### **Introduce Activity**

“Today, we’re going to do some special yoga poses to help us feel rested and recharged. These poses are like little naps for our bodies and minds, helping us relax and feel better when we’re tired. We’ll also learn how to do special breathing to help our bodies relax even more.”

### **Activity Instructions**

“Before we start our yoga, let’s learn a special way to breathe. It’s called ‘belly breathing.’ When we breathe like this, it helps our bodies relax. Let’s try it together.”

Instructions for Belly Breathing:

1. “Place your hands on your belly.”
2. “Take a slow, deep breath in through your nose. Feel your belly get big like a balloon.”  
- (Demonstrate taking a deep breath and expanding your belly.)
3. “Now breathe out slowly through your mouth and feel your belly get smaller.”  
- (Demonstrate the exhale, deflating your belly.)
4. “Let’s try it together. Breathe in... (pause)... and breathe out...”  
- (Lead the children in a few slow, deep breaths.)

“Anytime we do our yoga poses today, we’ll remember to use our belly breathing to help us relax. Are you ready to try some poses?”

### **Child’s Pose (3 minutes)**

“First, we’ll try a pose called Child’s Pose. This pose is great for resting and feeling cozy.”

Instructions for Child’s Pose:

1. “Kneel down on the floor and sit back on your heels.”
2. “Now slowly bend forward, stretch your arms out in front of you, and rest your forehead on the floor.”
3. “Take a few belly breaths while you rest here. Breathe in... (pause)... and breathe out...”
4. “Stay here for a little while and feel your body rest.”  
- (Give children about 30 seconds to hold the pose, encouraging them to breathe slowly.)

“This pose is like being curled up in a cozy ball, helping our bodies feel calm and safe. When you’re ready, slowly sit up.”

### **Butterfly Pose (3 minutes)**

“Next, we’ll do Butterfly Pose. This pose helps our legs and bodies feel stretched and relaxed.”

Instructions for Butterfly Pose:

1. Sit on the floor with your feet together and your knees open like butterfly wings.
2. Hold your feet with your hands, and let your knees gently flap like a butterfly’s wings.

3. Now take some belly breaths while you hold the pose. Breathe in... (pause)... and breathe out...
4. Let your butterfly wings rest for a moment, and feel your body relaxing.
  - (Guide them through a few breaths in the pose.)

“This pose helps us feel light and free, just like a butterfly. When you’re ready, gently bring your legs back together.”

### **Star Pose (3 minutes)**

“Now let’s try Star Pose. This pose helps us feel big and bright like a shining star.”

Instructions for Star Pose:

1. Stand up tall and spread your legs wide apart.
2. Stretch your arms out to the sides so you look like a big star.
3. Take a deep belly breath in... and out
  - (Lead the children through a few deep breaths while holding the pose.)
4. Feel your body stretch wide like a shining star in the sky

“This pose makes us feel strong and bright, like stars twinkling in the night. When you’re ready, bring your arms back down and stand still.”

### **Chivasana Pose (3 minutes)**

“Now, we’re going to finish with Chivasana Pose\*, also called Resting Pose. This is the perfect way to end our yoga practice and feel completely rested.”

Instructions for Chivasana Pose:

1. Lie down on your back with your arms resting by your sides.
2. Let your legs be long and your feet fall out to the sides.
3. Close your eyes if you’d like, and take a few slow belly breaths. Breathe in... and breathe out...
  - (Guide them through a few more deep breaths)
4. Feel your whole body getting softer and more relaxed with every breath.
  - (Give children about a minute to rest in this pose.)

“This is the best resting pose, helping our bodies feel peaceful and quiet. When you’re ready, gently wiggle your fingers and toes, then slowly sit up.”

### **Reflection**

“Great job, everyone! You all did an amazing job resting and relaxing with your yoga poses. How do you feel now?”

“Remember, anytime you feel tired or need a break, you can try these poses or do your belly breathing to help your body and mind feel better. You can even find a cozy spot, like Ollie the Owl, to rest and recharge!”





## Wrap Up the Lesson (5 Minutes)



### Review and Reflection Overview:

- Review what they learned about feeling tired.
- “Today we learned a lot from Ollie the Owl about feeling tired and the importance of rest. Let’s go over what we learned.”

## Review and Reflection Teacher Script

- “How do we know when we are tired?”
  - (Look for responses like yawning, feeling slow, or wanting to sit down.)
- “What should we do when we feel tired?”
  - (Encourage answers like taking a break, resting, or finding a cozy place.)
- “Why is resting important?”
  - (Guide children to say that resting helps us feel better and gives us energy to play and learn.)

“I’m so proud of all of you for learning how to take care of yourselves when you feel tired. Remember, just like Ollie the Owl, it’s okay to take a break when we need it. That way, we can feel our best and have more fun!”

## Home Connection Letter

1. Sending Information Home:
2. “Before we go, I have a special letter for you to take home to your families. This letter talks about everything we learned today. You can tell your family all about Ollie the Owl and the fun activities we did.”
3. Hand out the letters as the children prepare to leave.

## **Emozi® Parent Letter**

Dear Parents/Guardians,

Today in class, we learned about recognizing the feeling of tiredness and the importance of rest through the story "Ollie the Owl Learns About Feeling Tired." This story teaches children how to recognize when they are tired and why it's essential to take breaks and rest.

Here's what we learned:

- Recognizing Tiredness: Understanding the signs of feeling tired and why it's important to rest.
- Importance of Rest: Learning that resting helps us recharge and feel better.
- Healthy Habits: Practicing how to take breaks and find cozy spots to rest.

We practiced these concepts through creating a cozy resting place in the classroom and participating in a Rest and Recharge Yoga session. You can help reinforce this at home by encouraging your child to talk about when they feel tired and helping them find a cozy spot to rest.

With gratitude,

# ***Classroom Cozy Corner***



## ***Child's Pose***



## ***Butterfly Pose***



## ***Star Pose***



## ***Chivasana Pose***

