

# Ollie the Owl Learns About Feeling Sad

## Lesson Objective

Students will learn about the emotion of sadness, how to express it, and the importance of friends in helping us feel better through the story "Ollie the Owl Learns About Feeling Sad."

## Materials Needed:



- The story, "Ollie the Owl Learns About Feeling Sad"
- The song, "Ollie the Owl's Sad Song"
- Paper and pencils, crayons and markers
- Activity 1- owl, squirrel, and bumblebee puppets
- Activity 2-Friendship Card Handout
- Home Connection Letter

## Introduction to the Topic (10 Minutes)

Greeting Outline:

- Welcome the children and have them sit in a circle (if applicable)
- Introduce the concept of sadness and explain that it's a normal feeling that everyone experiences sometimes.

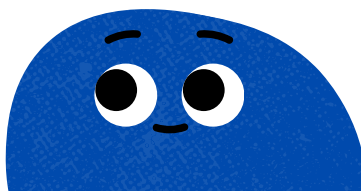
## Greeting and Circle Time Teacher Script

### 1. Warm Welcome and Opening Discussion:

- "Good morning, everyone! Let's all gather in a circle and get comfortable."
- "Today, we're going to talk about a feeling called 'sadness.'"

### 2. Discussion Starter

- "Sometimes we feel sad, don't we? Does anyone want to share a time when they felt sad?"
- (Allow children to share briefly if they wish.)
- "Thank you for sharing! It's normal to feel sad sometimes, and everyone feels this way now and then. Today, we'll learn about how our friends can help us when we're feeling sad, and how we can help others too."



## Read the Story (15 Minutes)

### Story Time Outline



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

### Story Time Teacher Script:

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

- “I have a story to share with you about Ollie the Owl. Ollie is feeling sad, and his friends help him feel better. Let’s see how Ollie and his friends work together.”
- (Read the story aloud, pausing at key moments to ask questions and engage the children.)

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

- While reading, pause during key moments to ask the following questions:.
  - "How do you think Ollie is feeling at the beginning of the story?"
  - "What do you think made Ollie feel sad?"
  - "Have you ever felt sad like Ollie? What happened?"
  - "Ollie doesn't want to play with his friends right now. Why do you think that is?"
  - "What are some things Ollie's friends do to try to cheer him up?"
  - "Ollie is sitting alone under the tree. Do you think he wants to be alone or does he need a friend right now?"
  - "What would you do if you saw Ollie feeling sad?"
  - "Ollie's friends are listening to him. Why is that important when someone is sad?"
  - "What happens when Ollie starts talking about his feelings?"
  - "Do you think Ollie is starting to feel a little better? Why or why not?"

# Ollie the Owl Learns About Feeling Sad



In a forest tall and green,  
Lived an owl named Ollie, wise and keen.  
But even wise owls, so I've heard,  
Can feel sad without a word.

One cloudy day, Ollie felt down,  
He flew through the forest with a frown.  
His friend Sammy the Squirrel saw his sad  
face,  
And wanted to help, to bring back his grace.

"Ollie, why do you look so blue?  
Is there something bothering you?"  
Ollie sighed and shook his head,  
"My heart feels heavy, like it's made of lead."

Sammy nodded, understanding the feeling,  
"Sometimes sadness is hard and unyielding.  
Once, I lost my favorite nut,  
I felt so sad, stuck in a rut."

Ollie listened as Sammy shared,  
And realized his friends truly cared.  
"It's okay to feel sad, my dear friend,  
With time and love, your heart will mend."

Just then, Buzz the Bumblebee flew by,  
Noticing the tears in Ollie's eye.  
"Why so sad, my feathered mate?  
Tell me now, don't hesitate."

Ollie shared his heavy heart,  
Buzz listened closely, right from the start.  
"One day, a storm blew away my hive,  
I felt so sad, it was hard to survive."

Buzz's story made Ollie see,  
Sadness comes to you and me.  
"It's okay to feel sad," said Buzz with a smile,  
"Just remember, it lasts only a while."

Ollie felt comforted by his friends' kind words,  
Their stories of sadness, like songs of the birds.  
He realized that feeling sad is part of life,  
But friends and time can ease the strife.

As the sun began to shine through the trees,  
Ollie felt a gentle breeze.  
His heart felt lighter, not so bad,  
Understanding that it's okay to feel sad.

Sammy and Buzz stayed by his side,  
Their friendship, a comforting tide.  
They played and laughed, the sadness did fade,  
In the forest's beautiful, dappled shade.

Ollie now knew, from beginning to end,  
It's okay to feel sad, especially with friends.  
With Sammy the Squirrel and Buzz the Bee,  
Sadness was part of life's great sea.

So if you're feeling sad one day,  
Remember Ollie, and what he'd say:  
"Share your feelings, don't hide inside,  
With friends and love, the sadness will slide."

### 3. Post-Story Teacher Script

- “Ollie was feeling sad, but his friends Sammy the Squirrel and Buzz the Bumblebee helped him feel better by listening to him and sharing their own stories.”

### 4. Post-Story Questions:

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

- "What did Ollie learn about feeling sad?" (Summarize the story's message.)
- "What helped Ollie feel better?" (Encourage children to recall supportive actions.)
- "What do you like to do when you feel sad?" (Encourage self-awareness.)
- "Did Ollie's sadness last forever? Why not?" (Help children understand that emotions change.)
- "Why is it important to talk about our feelings?" (Encourage discussion on emotional expression.)
- "What are some kind things we can do for a friend who is feeling sad?" (Reinforce social skills.)
- "How can we ask for help when we are feeling sad?" (Help children practice self-advocacy.)
- "What is one thing you will remember from Ollie's story?" (Encourage personal reflection.)
- "If Ollie felt sad again, what could he do next time?" (Help children think about emotional regulation.)
- "What did this story teach us about taking care of our feelings?" (Encourage children to connect the story to their own lives.)

## Sing the Song (10 Minutes)



- Teach the children “Ollie the Owl’s Sad Song” about the feeling of sadness
- Use actions that represent different emotions, such as a sad face for sadness.
- 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 Ollie and his friends. This song will help us remember that we’re not alone when we feel sad.”

# **"Ollie the Owl's Sad Song"**

## **Verse**

## **Hand Movements**

[Verse]

Ollie the owl feeling blue  
Sitting in the tree he knew  
Feathers droop his mood so low  
What to do he doesn't know

Flap arms slowly and lower head.

[Verse 2]

In the night he gives a hoot  
Looking for a friend to suit  
Flies to meet his friend so dear  
Hoping she will stay quite near

Shade eyes with hand and look around.

[Chorus]

Flap your wings like Ollie now  
Flap away and take a bow  
Ollie's smile will show us how  
Up and up he goes so wow

Flap arms like wings.  
Bow

[Verse 3]

Bumblebee and squirrel too  
Gather 'round with fun to do  
Ollie laughs his worries gone  
Playing games until the dawn

Flap arms and laugh.

[Verse 4]

Singing songs they cheer him up  
Filling joy in Ollie's cup  
Dancing now all through the night  
Everything feels just so right

Dance in place and wave hands.

[Bridge]

Clap your hands and stomp around  
Ollie's joy is quite profound  
Feeling sad won't last too long  
When you sing this happy song

Clap hands and stomp feet.



## Do an Activity (20 Minutes)

### Activity 1: Puppet Role Play (15 Minutes)



#### Introduce the Activity

- “Now, we’re going to do a little role-playing activity. I have some puppets here – an owl for Ollie, a squirrel for Sammy, and a bumblebee for Buzz.”

### Activity Instructions

- “Let’s pretend that Ollie is feeling sad, just like in the story. I’ll use Ollie’s puppet first, and let’s think about what Ollie might say when he’s feeling sad.”
- “Who would like to use Sammy or Buzz and help Ollie feel better? You could say, ‘I’m here for you, Ollie,’ or share a story to cheer him up!”
- (Let children take turns using the puppets to express and respond to feelings of sadness, encouraging empathetic responses.)

## **Activity 2: Friendship Cards (15 Minutes)**

### **Introduce Activity**

“Next, we’re going to make friendship cards! These are special cards we can give to a friend who might be feeling sad, just like Ollie.”

### **Activity Instructions**

- Provide Materials: Friendship Card Handout, crayons

#### **Encourage Teamwork:**

- “On your card, you can draw something happy, like a smiley face or a heart, and write kind words, like ‘I’m here for you’ or ‘You’re my friend.’”
- “As you make your cards, think about how nice it feels when someone cares about you when you’re sad.”
- As the activity wraps up:
- “When you’re finished, you can keep your card to give to a friend later, or we can share them with each other now to see all the kind things we’ve made.”

**Reflection:**

"Today we learned that sometimes feeling sad can happen, but that it's ok because friends can help when we feel sad."

**Wrap Up the Lesson (5 Minutes)****Review and Reflection Overview:**

- Review what they learned about optimism and how Ollie found the positive in different situations.

**Review and Reflection Teacher Script**

- "Let's all sit back down in a circle and think about what we learned today."
- "Can anyone tell me one thing they learned about feeling sad?"
- (Listen to student answers)
- "Wonderful answers! We learned that it's okay to feel sad sometimes and that sharing our feelings with friends or family can help us feel better."

**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 feeling sad through the story "Ollie the Owl Learns About Feeling Sad." This story teaches children that it's normal to feel sad sometimes and that sharing our feelings with friends can help us feel better.

Here's what we learned:

- Feeling Sad – It's okay to feel sad, and it's a normal part of life.
- Expressing Feelings – Sharing our feelings with friends can help us feel better.
- Helping Friends – Friends can support us and help us feel happy again.

We practiced these concepts through role-playing and making friendship cards. You can help reinforce this at home by encouraging your child to express their feelings and support their friends.

With gratitude,



