

Ollie the Owl Learns About Feeling Shy

Lesson Objective:

Students will learn about the feeling of shyness, understand that it is a natural emotion, and practice strategies to overcome it and make new friends.

Materials Needed:



- The story “Ollie the Owl Learns About Feeling Shy”
- The song “Ollie, the Shy Owl”
- Ollie’s Wise Choices Poster
- Paper and pencils, crayons and markers, stapler/glue stick
- Activity 1- Shy and Brave Role-play
- Activity 2- Brave Owl Badge worksheet
- Home Connection Letter

Introduction to the Topic (10 minutes)

Greeting Outline:

- Welcome the children and have them sit in a circle (if applicable)
- Begin with a brief discussion on the feeling of “shy”.

Greeting and Circle Time Teacher Script

- **Warm Welcome and Opening Discussion:**
 - *"Good morning, everyone! Today we're going to talk about a feeling that everyone has sometimes. Can anyone guess what it is? Here's a hint: sometimes, it makes us feel like we want to be quiet or hide a little bit. It's called 'feeling shy.'"*
 - (Allow children to share their thoughts and gently encourage anyone who may feel hesitant to participate.)
- **Discussion Starter**
 - *"Has anyone here ever felt shy before? Maybe when meeting new people or when you're not sure what to say?"*
 - Give time for the children to share their stories. Respond to each child's story with positive affirmations to validate their experiences.
 - *"Thank you, [child's name], for sharing! That sounds like a time you were feeling shy."*
 - *"Feeling shy is okay! It's a normal feeling, and today we'll learn about Ollie the Owl and how he learned to feel braver with friends."*

Read the Story (15 minutes)

Story Time Outline:



- Read the story *Ollie the Owl Learns About Feeling Shy* aloud to the class
- Engage the children by asking questions during key parts of the story

Story Time Teacher Script:

Prepare the Students for the Story:

- *"This is Ollie, and sometimes, even though he's a wise owl, he feels shy! Let's find out how Ollie learns to feel more comfortable and make friends."*
- (Read the story aloud, pausing at key moments to ask questions and engage the children.)
- **Read the Chapter with Emphasis on Key Moments:**
 - **While reading**, pause during key moments.
 - **Ask Questions:**
 - "How do you think Ollie is feeling right now?"
 - "Have you ever felt shy like Ollie does when meeting someone new?"
 - "What does Ollie do when he feels shy? Can you show me with your face or body?"
 - "What do you think Grandma Owl is going to say to help Ollie?"
 - "Can you take a big deep breath like Ollie is learning to do?" (*Model breathing in and out together.*)
 - "Do you think saying 'hi' is a good way to make a new friend?"
 - "Look! Ollie is smiling at Sammy Squirrel. What do you think Sammy will say?"
 - "How do you think Ollie feels now that he's playing with his friend?"
 - "Why do you think Betty the Beaver smiled at Ollie when he asked to help?"
 - "What do you think Ollie is learning from his friends?"

Ollie the Owl Learns About Feeling Shy

In a forest full of trees so tall,
Lived Ollie the Owl, who was loved by all.
With feathers so soft and eyes so bright,
He flew through the woods both day and night.

But one day, Ollie felt a bit lost,
His heart was heavy, like a path he'd crossed.
He needed help, but didn't know who.
So he set off to find out what to do.

First, he met Benny, the big brown bear,
With a kind smile and a gentle stare.
"Benny," asked Ollie, "can you help me out?
I feel so lost, I'm filled with doubt."

Benny gave a hug, so warm and tight,
"Of course, dear Ollie, I'll make it right.
You can count on me, through thick and thin,
Together we'll find your joy within."

Next, he saw Betty, busy and bright,
Building her dam from morning to night.
"Betty," said Ollie, "I need a friend,
Someone to help, on whom I can depend."

Betty nodded, her tail a-swish,
"Come, Ollie, share your wish.
You can count on me, I'm here for you,
Helping each other, that's what friends do."

Ollie felt better, but still a bit sad,
So he flew home to see his mom and dad.
"Mom, Dad," he said, with a tear in his eye,
"Can you help me? I don't know why."
His mom hugged him close, his dad did too.
"Ollie, we're always here for you.
You can count on us, day or night,
We'll help you find your way, make things right."

Then his brothers and sisters gathered near,
With wings around, they wiped his tear.
"Ollie, we love you, don't you see?
You can count on us, your family."

Ollie felt warmth from friends and kin,
A sense of love began to spin.
He knew he could count on them,
everyone,
Through any trouble, under the sun.

Now, when Ollie feels lost or small,
He knows who to call, one and all.
Benny the Bear, and Betty Beaver too,
Mom, Dad, and siblings, always true.

In the forest green, with friends so dear,
Ollie found out, there's nothing to fear.
He learned that with love, he's never alone,
With family and friends, he's always home.

- **Post-Chapter Teacher Script**
- **Teacher:** “Friends, today we learned that it's okay to feel shy, just like Ollie did. Everyone feels that flutter in their tummy sometimes, especially when meeting new people or trying something different. But Ollie showed us that taking a deep breath, starting with a smile, and asking a friend to play can help that shy feeling go away. Remember, being brave doesn't mean you're never shy—it means you try your best, even when you are. Just like Ollie, you can find your voice and your friends when you're ready.”

4. Post-Chapter Questions

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

- "What is something Ollie learned about feeling shy?"
- "Can you remember what Grandma Owl told Ollie to do when he feels shy?"
- "Why is it okay to feel shy sometimes?"
- "What are some things you can do when you feel shy?"
- "What did Ollie do that helped him feel brave?"
- "Can you think of a time you felt shy? What helped you feel better?"
- "Who are some people you can talk to when you feel nervous or shy?"
- "What would you do if you saw someone else who was feeling shy?"
- "How did Ollie's friends treat him when he asked to join or help?"
- "What does this story teach us about making new friends?"

Sing the Song (10 minutes)



- Teach the children the “*Ollie, the Shy Owl*” song
- Sing the song together a few times, encouraging the children to join the actions.
 - “Now we’re going to sing a song about shyness and how we can feel brave with friends!”

“*Ollie, the Shy Owl*”

Hand Movements

[Verse]

Ollie the owl in the tree so high
Looking around but feeling shy
Feathers fluffed and head held low
What's this feeling, I don't know

Raise arms up like tree branches
Look around

Palms up, shrug

[Verse 2]

Friends all wave and call his name
Ollie feels a little flame
Heart is thumping, wings tight too
Shy is something feeling new

Wave

Tap hand on heart

[Chorus]

Shy is feeling small inside
Want to hide away and slide
But friends are kind and wait for you
Shy is something we all do

Hold hands in front of face

[Verse 3]

Ollie blinks and peeks around
Sees his friends down on the ground
Flies down slowly and says hello
Shy feeling starts to go

Blink eyes

Flap arms

[Chorus]

Shy is feeling small inside
Want to hide away and slide
But friends are kind and wait for you
Shy is something we sometimes do

Hold hands in front of face

[Bridge]

It's okay to feel this way
Shy can come and go each day
Friends will help you through and through
Ollie learned, and so can you

Thumbs up

Point to the audience

Song Wrap-up

“Ollie, the Shy Owl” will help us to remember that friends can help us when we feel shy.”

Do an Activity (20 minutes)

- Students will practice being brave in situations in which they might feel shy.

Please choose from the following 2 activities:



Activity 1: Shy and Brave Role-play (15 minutes)

Introduce Activity

“Sometimes, we all feel a little shy, just like Ollie the Owl did in our story. Maybe when we meet someone new, or want to join a game, or speak in front of the class. That’s perfectly okay! But today, we’re going to practice being brave, just like Ollie. We’re going to act out little moments where we might feel shy, and then try the helpful strategies Ollie used—taking a breath, smiling, and going slow. Let’s help each other be brave and kind as we try these fun pretend situations together!”

Activity Instructions

- Explain to the children that they will practice role-playing situations where they might feel shy
- Using the following scenarios, have the children take turns acting out the scenarios, first feeling shy and then using the strategies Ollie learned (taking a breath, smiling, taking it slow).
 - You walk into a new classroom for the first time.
 - You want to play with a group of kids building with blocks.
 - You see someone new sitting alone at lunch.
 - You brought your favorite toy to show the class.
 - You want to ask the teacher for help tying your shoe.
 - You’re at a birthday party and don’t know many people.

- You want to raise your hand to answer a question.
 - You see your friend playing a game and want to join.
 - You forgot someone's name and want to ask again.
 - You want to tell the class something that makes you proud.
- Encourage the children to support each other and give positive feedback.
 - **Prompts:** *"Remember what Ollie did! First, let's take a deep breath, give a little smile, and then slowly say 'Hi!'"*
 - **Feedback:** Provide positive feedback: *"You did a great job taking your time and saying hello! I could see you being brave, just like Ollie."*



Activity 2: Brave Owl Badges(15 minutes)

Introduce Activity

- *"Just like Ollie learned to be brave, we're going to make our own 'Brave Owl Badges' to remind us that we can be brave when we feel shy!"*

Activity Instructions

- Hand out the "Brave Owl" Badge activity sheet and crayons
 - *"You can decorate your owl badge however you like! Use colors that make you feel happy and brave. Think about something that makes you feel strong or special."*
 - Walk around to help and encourage each child to talk about their design choices.
- **Sharing Time:** Encourage each child to show their badge and share something that helps them feel brave.

Wrapping it Up

Wrap Up the Lesson (5 minutes)

1. Review and Reflection Overview:

- After students complete their reflections, invite volunteers to share what they learned from their reflections.
- Encourage students to continue using the strategy in their daily lives

Review and Reflection Teacher Script



1. **Gather in a Circle for Reflection:**

- “Let’s all come back together in a circle.”

2. **Closing**

- **Recap the Lesson:** *“Today we learned that feeling shy is okay, and it’s something we all feel sometimes. Ollie showed us that we can still make friends and feel brave when we’re shy.”*
- **Reflection:** Ask a few children to share something they learned or a favorite part of the story, or activity.
- *“Remember, just like Ollie, you can be brave, even when you feel shy!”*

Home Connection Letter

1. **Sending Information Home:**

- “Before you go, I have a letter for you to take home that explains what we learned today in class.”
- Hand out the letters as the children prepare to leave.

Parent Letter

Sending Information Home:

- Provide each child with a letter to take home to their parents explaining the lesson.

Dear Families,

Today in class, we learned about the feeling of shyness through the story "Ollie the Owl Learns About Feeling Shy."

This story teaches children that shyness is a natural feeling and that there are ways to feel more comfortable and make new friends.

Here's what we learned:

- Understanding Shyness – Recognizing what shyness feels like and when we might feel it.
- Strategies to Overcome Shyness – Learning to take a breath, smile, and take things slow to feel more comfortable.
- Expressing Emotions – Practicing how to express feelings of shyness through art and role-playing activities.

We practiced these concepts through making "Brave Owl Badges" and/or playing the "Shy and Brave Role Play" game.

You can help reinforce this at home by encouraging your child to talk about what makes them feel shy and practicing strategies to feel more confident.

Thank you for your support!

With gratitude,



Brave Owl Badge

