

Ollie the Owl Feels Left Out

Lesson Objective:

Students will learn about the importance of inclusion, expressing feelings, and using the HALT, HOOT, and HEART strategy through the story "Ollie the Owl and the Friendship Game."

Materials Needed:



- The story "Ollie the Owl Feels Left Out"
- The song "Ollie the Owl Left Out"
- Ollie's Wise Choices Poster
- Paper and pencils, crayons and markers
- Activity 1- puppets (owl, bear, rabbit, bee, beaver, squirrel)
- Activity 2- Feeling Left Out handout
- 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 friends and how important it is to include everyone in games and activities.
- Introduce the concept of using HALT, HOOT, and HEART to handle feelings of being left out.

Greeting and Circle Time Teacher Script

- **Warm Welcome and Opening Discussion:**
 - "Hello, friends! Let's all sit together in a circle. Today, we are going to talk about something really special—*friendship*! Who likes playing games with their friends?"
 - Wait for the children to respond.
- **Discussion Starter**
 - "Playing with friends is so much fun! But have you ever felt left out when your friends were playing without you? It can feel sad, right?"
 - (Pause and acknowledge responses.)

- “Today, we’ll read a story about Ollie the Owl. In the story, Ollie learns how to express his feelings and ask to join in when he feels left out. We’ll also learn a new strategy called *HALT, HOOT, and HEART*. These three steps will help us stay calm, express how we feel, and make kind choices.”
- Introduce the HALT, HOOT, and HEART strategy:
 - HALT: Stop, take a moment to breathe and think.
 - HOOT: Say how you feel.
 - HEART: Make a kind choice to connect with friends.

Read the Story (15 minutes)

Story Time Outline:



- Read the story “Ollie the Owl Feels Left Out” aloud to the class
- Ask questions during key parts in the story.

Story Time Teacher Script:

1. Prepare the Students for the Story:

- a. “Now, let’s listen to the story ‘*Ollie the Owl and the Friendship Game*.’ I want you to pay close attention to what Ollie does when he feels left out.”
- b. (Read the story aloud, pausing at key moments to ask questions and engage the children.)

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

While reading, pause during key moments to ask the following questions:.

- *What are Ollie’s friends doing when the story begins?*
(Supports comprehension and attention to detail.)
- *How do you think Ollie feels when he sees his friends playing without him?*
(Builds emotional awareness.)
- *What does it mean to feel left out? Have you ever felt that way?*
(Encourages connection to personal experience.)
- *What did Grandma Owl teach Ollie to do when he’s upset?*
(Introduces the HALT, HOOT, and HEART strategy.)

- *What does HALT mean in the story?*
(Checks understanding of the first calming step.)
- *What does Ollie do after he halts? What does HOOT mean?*
(Focuses on deep breathing and calming the body.)
- *What does it mean to use your HEART in a tough moment?*
(Helps students reflect on kind, brave choices.)
- *What did Ollie decide to do after calming down?*
(Promotes the idea of positive communication.)
- *How did Ollie's friends respond when he asked to play?*
(Reinforces positive peer reactions.)
- *How do you think Ollie felt at the end of the story?*
(Supports recognizing emotional transformation.)

Ollie the Owl Feels Left Out

In a forest green and bright,
Lived Ollie the Owl, a wise and kind sight.
He loved his friends, they were so dear,
But one day he felt left out, oh dear.

Ollie saw Sammy the Squirrel and Buzz the Bee,
Playing a game under the big oak tree.
Harriet the Hare and Benny the Bear,
Were laughing and running without a care.

Betty the Beaver was splashing in the stream,
But Ollie felt left out, not part of the team.
His heart felt heavy, his wings drooped low,
What should he do? Where should he go?

Ollie remembered what Grandma Owl taught,
HALT, HOOT, and HEART, he gave it a thought.

He decided to HALT, to stop and wait,
To calm his mind and think straight.

Next, he took a deep breath, a gentle HOOT,
To calm his heart, from his head to his boot.
With a sigh, he felt the tension release,
His mind grew clear, his worries did cease.

Then Ollie used his HEART, to make a good choice,
He'd talk to his friends, he'd find his voice.

He fluttered down to the group with care,
"Can I join your game?" he asked with a stare.

Sammy the Squirrel looked up with a grin,
"Of course, Ollie, come on in!
We didn't see you, we're sorry, dear friend,
Join our fun, there's no need to fend."

Buzz the Bee buzzed close, so near,
"We love having you, there's nothing to fear.
Let's play together, with laughter and cheer,
You're always welcome, Ollie, never fear."

Harriet the Hare hopped over quick,
"Let's play a game, you choose the trick!"
Benny the Bear gave a gentle roar,
"With you, Ollie, we always have more."

They played and laughed, all through the day,
Ollie felt loved in every way.
He learned that when feeling left out, it's true,
HALT, HOOT, and HEART will guide you through.

So if you feel left out one day,
Remember Ollie's wise, kind way.
Stop and breathe, and use your heart,
Talk to your friends, and you'll never be apart.

Ollie the Owl and his friends so dear,
Played together, year after year.
With HALT, HOOT, and HEART in their mind,
They always included, always kind.

3. Post-Story Teacher Script

- "Ollie learns to use Ollie's Wise Choices to figure out what to do when he feels left out. "

4. Post-Story Questions

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

- *What should you do if you ever feel left out like Ollie did?*
(Encourages practical use of the strategy.)
- *Can you remember what HALT, HOOT, and HEART each stand for?*
(Promotes retention of the three-step approach.)

- *Why do you think it was important for Ollie to calm down before talking to his friends?*
(Builds self-regulation awareness.)
- *What could Ollie's friends have done to help him feel included from the start?*
(Encourages inclusive thinking.)
- *How can you make sure no one feels left out during playtime or group work?*
(Promotes proactive kindness and awareness.)
- *What are some kind ways to ask others to join your game?*
(Practices positive social communication.)
- *Why is it important to use your heart when solving a problem?*
(Develops empathy and moral reasoning.)
- *Have you ever helped someone who felt left out? What did you do?*
(Encourages storytelling and real-life application.)
- *How do you think Ollie's story could help someone else in our class?*
(Promotes peer connection and shared learning.)
- *What's one thing you want to remember from Ollie's story the next time you feel sad or left out?*
(Supports personal reflection and takeaways.)

Sing the Song (10 minutes)



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

“Now, let's sing a fun song about what Ollie learned. I'll show you some hand actions to go with the song, and you can join in!”

“Ollie the Owl Left Out” Song

Hand Movements

[Verse]

Ollie the Owl felt a bit blue
All of his friends off to play too
He stood alone under the tree
Wondering who he could be

Look sad

[Chorus]

Halt stop hoot
Heart make it bright
Halt stop hoot
Everything's alright

Hold hand up (stop), cup hands around mouth (hoot)
Place hand on heart

[Verse 2]

Ollie felt small really left out
Wanted to join in their fun shout
Took a deep breath closed his eyes tight
Found some courage in the moonlight

[Chorus]

Halt stop hoot
(hoot)
Heart make it right
Halt stop hoot
Everything's so bright

Hold hand up (stop), cup hands around mouth
Place hand on heart

[Bridge]

He spread his wings warm with the light
Hooted so loud joining their flight
Friends all around flew up so high
Ollie the Owl touched the sky

Spread arms wide

[Chorus]

Halt stop hoot
(hoot)
Heart make it bright
Halt stop hoot
Everything's alright

Hold hand up (stop), cup hands around mouth
Place hand on heart

“Great job singing! Let’s all remember how important it is to use our hearts and include everyone.”

Do an Activity (20 minutes)

- Students will practice using Ollie’s Wise Choices and including others.

Please choose from the following 2 activities:

Activity 1: Animal Role-Play (15 minutes)



1. Introduce Activity

“Now, we’ll use puppets to act out some situations where someone might feel left out. We’ll practice using HALT, HOOT, and HEART to include them and how to invite a friend to join the game.”

Activity Instructions

For each role-play scenario, choose 3-4 students to come up and pretend to be the characters, with one of the characters feeling left out. Let the child make up the story using the basic scenario idea.

1. Benny the Bear feels left out when his friends are playing tag.
2. Harriet the Hare feels left out when her friends are watching a movie.
3. Buzz the Bee feels left out when his friends are planning a pizza party.

After each scenario, ask, “How did the character feel (Benny, Harriet, Buzz) after they were invited to join in?”



Activity 2: “Join In” Request Cards (15 minutes)

- **Introduce Activity**

“Now, we’ll make special ‘Join In’ request cards. These cards will help you practice asking to join a game or activity in a friendly way.”

- **Activity Instructions**

Instructions for Craft Activity

1. **Distribute Materials:** Provide each child with a piece of paper and decorating supplies.
2. **Explain the Craft:**

“You can draw a picture on the front of your card, like Ollie and his friends playing. On the inside, you can write or draw a friendly message like, ‘Can I play too?’”

Here are some examples of friendly messages asking to be included:

Hi friends! Can I join you in your game? It looks like fun!

Your game looks amazing! May I play with you, too?

Can I please join your activity? I’d love to play with you!

I see you’re having fun! Can I join in, too?

Can I help out and join your game? I have some cool ideas!

3. **As They Work:**
“Remember, it’s always kind to invite others to play, just like Ollie’s friends did.”
4. **Sharing the Cards:**
“Let’s share our cards! Who would like to show their card and tell us how they would ask to join a game?”

Wrap Up the Lesson (5 minutes)

1. Review and Reflection Overview:

- Review what they learned about friendship, inclusion, and Ollie's Wise Choices "Halt, Hoot, Heart" strategy

Review and Reflection Teacher Script

1. Gather in a Circle for Reflection:



"Let's all come back to our circle. Today, we learned about Ollie's Wise Choices, (HALT, HOOT, and HEART strategy) and how it can help us figure out what to do when we feel left out. Can anyone tell me what HALT, HOOT, and HEART mean?"

(Pause for responses and reinforce the steps.)

HALT: "Yes! HALT means stop for a moment, take a breath, and calm your body."

HOOT: "Right! HOOT means saying how you feel, just like Ollie told his friends he felt left out."

HEART: "That's it! HEART means making a kind choice—Ollie used his heart to ask if he could join in."

Closing

"Great job! "Today, we learned how important it is to include others when we're playing. Even if we forget to invite someone, we can always say, 'I'm sorry,' and invite them to join us.

Everyone feels happier when we include others and make them feel welcome. You all did such a great job today! I saw you practicing kindness and friendship during our activities. You made wonderful 'Join In' cards and were so creative during the puppet role-play."

"Let's think about what we can do if we feel left out at home or on the playground. What could you do if your friends are playing a game, and you want to join?"

(Wait for responses like, "I could ask to play," "I could say how I feel," "I could make a new game and invite others.")

"Yes! You can always use HALT, HOOT, and HEART to stay calm, express yourself, and make kind choices."

Home Connection Letter

1. Sending Information Home:

- "Before you go, I have a special letter for you to take home to your parents. It talks about everything we learned today about listening and how you can practice it at home. Be sure to tell your family about the story, the song, and the activities we did to help us learn today!"

- Hand out the letters as the children prepare to leave.

Parent Letter

Sending Information Home:

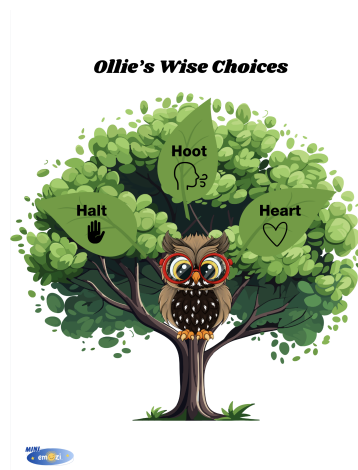
- Provide each child with a letter to take home to their parents explaining the lesson

Dear Parents/Guardians,

Today in class, we learned about friendship and inclusion through the story "Ollie the Owl Feels Left Out." This story teaches children the importance of including everyone in activities and expressing their feelings when they feel left out.

Here's what we learned:

- Inclusion – It's important to include everyone in games and activities.
- Expressing Feelings – Use Ollie's Wise Choices (HALT, HOOT, and HEART strategy) to handle feelings of being left out.
- Friendship – Friends support each other and make sure no one feels excluded.



We practiced these concepts through role-playing and making "Join In" request cards. You can help reinforce this at home by encouraging your child to invite friends or siblings to join their activities and express their feelings.

Sincerely,

