

**Objective: Mood/Feelings**

**Title: The Pout-Pout Fish**

**Purpose:**

Discussing moods and feelings with students.

**Materials:**

The Pout Pout Fish by Deborah Diesen

**Time:**

30-45 mins.

**Focus:**

We can control our own moods, even if we feel bad.

**Lesson:**

Open with a discussion about feelings and moods. Ask the students what they think the difference between a feeling and mood is. Then read “The Pout-Pout Fish” by Deborah Diessen. As you read, point out that pout-pout fish says he cannot control his mood. After reading the story, discuss that it’s okay to feel angry, sad, etc.

**Closure:**

Have students demonstrate what different moods look like and sound like. Ask them to explain the difference between feelings and mood once more. Affirm that they are in control of their moods.

Show the following video: <http://www.youtube.com/watch?v=HCM5Bbu-2vc>

[Pout-Pout Fish Puppet Show](http://www.youtube.com/watch?v=HCM5Bbu-2vc)