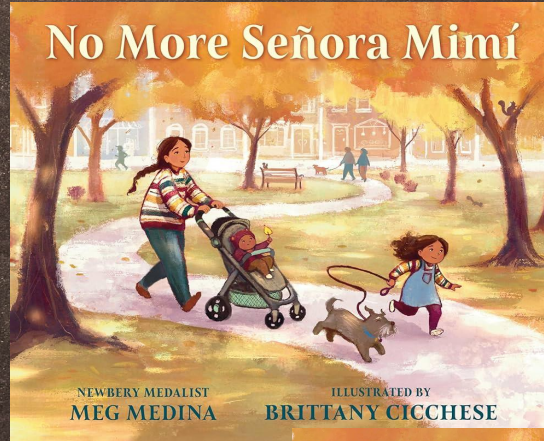


No More Señora Mimí

Comprehensive Health Activity

By: Meg Medina
Illustrated by: Brittany Cicchese



Developed by Riley K, Rhyan L, and Aidan S, for CU Boulder's Children's Book Festival 2024, Open Education Resource, Creative Commons. Available at colorado.edu/event/bookfest

Grade and Colorado Academic Standard

Grade Level

1st Grade



Standard Category

Social and
Emotional Wellness

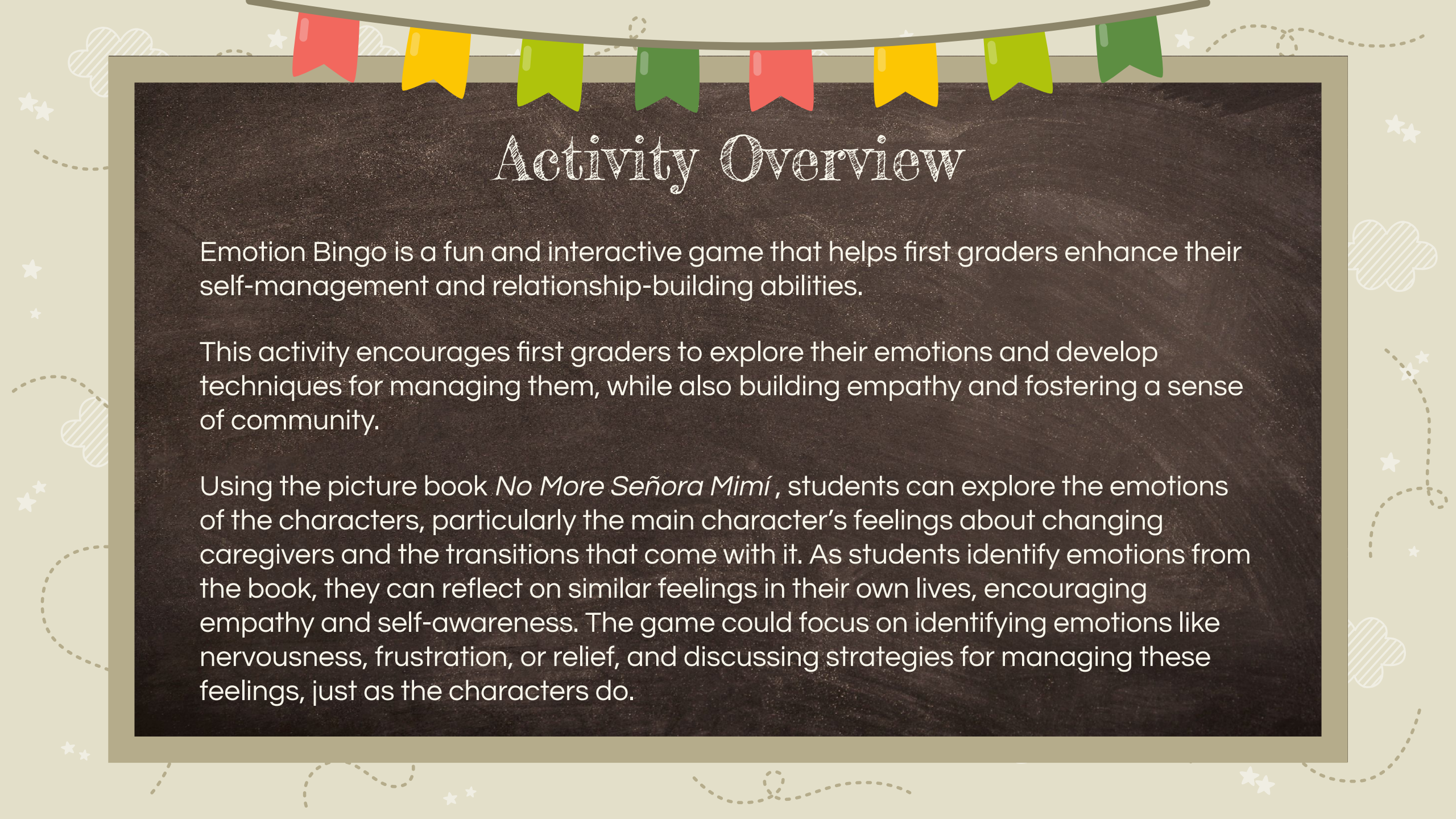
Evidence Outcome

Identify appropriate ways
to express emotions and
cope with strong feelings

Grade Level Expectations

Demonstrate how to
express emotions in
healthy ways

- Colorado Academic Standard information retrieved from <https://www.cde.state.co.us/apps/standards>.
- View the full standards at <https://www.cde.state.co.us/standardsandinstruction/standards>



Activity Overview

Emotion Bingo is a fun and interactive game that helps first graders enhance their self-management and relationship-building abilities.

This activity encourages first graders to explore their emotions and develop techniques for managing them, while also building empathy and fostering a sense of community.

Using the picture book *No More Señora Mimí*, students can explore the emotions of the characters, particularly the main character's feelings about changing caregivers and the transitions that come with it. As students identify emotions from the book, they can reflect on similar feelings in their own lives, encouraging empathy and self-awareness. The game could focus on identifying emotions like nervousness, frustration, or relief, and discussing strategies for managing these feelings, just as the characters do.

Materials

You Will Need:

No More Señora Mimi
book

Emotion Bingo cards (one
for each student)

Markers/tokens/counters
for Bingo cards

Links:

[Link to Our Designed
BINGO cards](#)

[Other Examples of SEL
Activities](#)

Feel free to create your
own version!





Directions

- ★ Introduce the book:
 - Begin by explaining that today's activity will focus on emotions, just like the ones felt by the characters in *No More Señora Mimí*. Ask students how they think they might feel if they were experiencing a change in their lives similar to Ana.
- ★ Introduce Emotion Bingo:
 - Tell students that they'll play Emotion Bingo after the read aloud in order to identify emotions experienced by characters in the story and connect them to their own feelings.
- ★ Read the book aloud:
 - Start by reading *No More Señora Mimí*. Pause at key points where characters display emotions like sadness, excitement, or confusion.



Directions Continued

- ★ Discuss emotions:
 - After reading, ask students to share the emotions they noticed. Encourage them to think about how the characters managed these emotions and how they might relate to similar situations in their own lives.
- ★ Explain the rules of Emotion Bingo:
 - Hand out Bingo cards, featuring different emotions. Explain that you'll call out emotions discussed in the book, or emotions matching the description you provide, and students will place counters on their cards or mark the spot with their markers if they have the emotion called.
- ★ Play the game:
 - Begin calling out emotions and have students mark their cards when they recognize emotions from the book. You can call out phrases like, "What emotion did Ana feel when she learned that Abuela was coming to live with her?" or "What emotion might you feel on the very first day of school?"
 - *See [more suggestions](#) related to *No More Señora Mimí* on the next few slides*

Directions Continued

★ Reflection:

- Once someone wins Bingo, wrap up by discussing how the emotions in the book connected to their own experiences. Ask, "How do we manage feelings like nervousness or excitement?"

★ Closing Discussion:

- End by reinforcing the importance of understanding and managing emotions, just like the characters in the story. Encourage students to remember the strategies they discussed when they experience these feelings in their own lives.



Example Prompts From *No More Señora Mimí* or the Real World

- ★ At the beginning of the book, how did Ana feel about Abuela coming? (Page 7)
- ★ How does Ana feel when she realizes that she won't get to see Señora Mimí? (Page 17)
- ★ How does Señora Mimí feel about not seeing Ana? (Page 19)
- ★ What emotion is Ana demonstrating when she plays with Señora Mimí's braid? (Page 21)
- ★ How would you feel if you stayed up past your bedtime?
- ★ What emotion(s) might you feel on the first day of school?
- ★ If you won a game at school, how might you feel?



Additional Ideas or Suggestions

- ★ An activity students can do in addition to Bingo is to think about how to help control their emotions. This can be done while they are driving with an adult or on the way home from the CU Children's Book Festival!
- ★ Something they can do at home is draw pictures of what it looks like to manage and control big emotions. Parents can also continue the topic while the whole family is at home by following up with strategies they could use, like deep breaths or honest expression of their emotions.
- ★ Another activity that can be done to distinguish between different emotions is to use Play-Doh or clay to make the faces associated with the feelings. This also works well with enhancing fine motor skills.



CU Children's Book Festival!

We also hope you can join us on **Saturday, November 9** at the Boulder Public Library to meet illustrator Brittany Cicchese and hear more about *No More Señora Mimí* in-person...along with other authors and illustrators!

For more information, visit
<https://www.colorado.edu/event/bookfest>

The CU Boulder School of Education and Boulder Bookstore present

2024 Children's Book Festival

Saturday, November 9 | Boulder Public Library



Join us on Saturday, November 9, 2024 | 10 a.m. – 5 p.m.

 Boulder Public Library (Main Branch) - 1101 Arapahoe Ave.
Free parking available

This free event includes author talks, a panel for educators, book sales and signing, children's activities and more. Come for part of the event, or stay for the day!

Free educational resources available on our website. Continuing Education Units (CEUs) available for teachers and librarians.

Support provided by the CU Boulder Office for Public and Community Engaged Scholarship



Learn more and register at
[colorado.edu/event/bookfest](https://www.colorado.edu/event/bookfest)

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