Health
2nd Grade

Lesson 5 – Health: Identifying Emotions | 20 minutes

Activity 1: How Beaver Got His Tail Story Identifying Emotions Worksheet

Summary:

Traditional stories teach important lessons about how people relate to one another and how words and actions affect community life. In How Beaver Got His Flat Tail, Beaver's interactions with his friends show how bragging and unkind words can cause harm, how mistakes impact others, and how learning from those mistakes can help repair relationships.

The story helps students consider how feelings are affected by behavior, why responsibility and apology matter, and how making different choices can strengthen trust within a group. How Beaver Got His Flat Tail serves as a shared classroom reference for understanding emotions, respectful communication, and the possibility of growth and change. This lesson works alongside the Language Arts discussion about character actions, behavior choices, and cultural teachings embedded in the story.

Key Discoveries:
Our words and actions affect how others feel. By noticing emotions in ourselves and others, we can make choices that help repair harm, build trust, and strengthen our classroom community.

Standards	• Primary: 2.HRVP.2, 2.HRVP.6
Materials	• How Beaver Got His Flat Tail Story • Identifying Emotions Worksheet
Vocabulary	• **Bragging:** Talking a lot about yourself without thinking about how others may feel. • **Teasing:** Making fun of or annoying someone. This can range from fun to cruel. • **Kind words:** Gentle and caring expressions to support others. • **Hurtful:** Causing someone to feel sad or upset.



Setup & Logistics:

- Prepare the story format you will use (read aloud, shared reading, or audio).
- Make copies of the Identifying Emotions Worksheet.
- Have pencils and crayons available for student drawing.
- Arrange seating to support whole-group story sharing and discussion.

Class Flow:

Activity 1: How Beaver Got His Flat Tail Story

Step 1: Story Context and Listening Focus

- Introduce How Beaver Got His Flat Tail as a traditional story used to teach lessons about how to live together.
- Share that this story comes from Indigenous storytelling traditions and is connected to the Coos, Lower Umpqua and Siuslaw Peoples and their ancestral homelands.
- Explain that Indigenous stories are passed down through oral tradition and are shared with care, respect, and responsibility.
- Invite students to listen closely to how Beaver talks to his friends and how his words affect others.
- Teacher Prompts:
    - As we listen, notice what Beaver says and how he talks to his friends. Notice how his words affect others.
- Teacher Notes:
    - This story is culturally transmitted through oral tradition, most often shared by grandparents and elders, which is central to Indigenous ways of teaching and learning.
    - How Beaver Got His Flat Tail is a traveled story. Many years after committing it to written form, the storyteller learned of similar versions from the Ojibwe Peoples of the Great Lakes region. Through generations of retelling, the story adapted to reflect the culture, place, and values of the ***miluk*** Coos People, where it belongs today.
    - Indigenous stories are generally owned by the storyteller, and permission must be given to share or retell them. After many years of reflection, the storyteller chose to commit this story to written form and extend it for educational use.



- Indigenous stories are more than entertainment. They teach how people should behave (and not behave), explain the natural world, share why animals look and act the way they do, and guide how to live responsibly in one's homeland. From an Indigenous perspective, these stories are considered true. The story is told in the present tense so that it remains a living, contemporary lesson. The events take place before humans walked on the Earth and reflect Indigenous presence. The Coos, Lower Umpqua and Siuslaw Peoples are present and active in the community today.

Step 2: Whole-Group Noticing and Discussion

- Invite students to share what they notice about Beaver's words and actions.
- Teacher Prompts:
  - What did you notice Beaver saying or doing in the story?
  - How did Beaver's words affect the other animals?
  - Did anything change for Beaver by the end of the story?
  - The story also explains something about Beaver's tail. What does it explain?

Step 3 Individual Reflection with the Worksheet

- Distribute the Identifying Emotions Worksheet.
- Invite students to work independently to reflect on the story.

Step 4: Reflect and Share:

- Invite students to share one idea or lesson they noticed from the story or worksheet.
- Encourage students to keep their sharing focused on the story and the characters, rather than personal situations.
- Remind students they may pass or share only what feels comfortable.
- Highlight how Beaver's words affected others and what helped repair relationships by the end of the story.
- Teacher Prompts/Guiding Questions:
  - What is one lesson from the story that stood out to you?
  - What did Beaver learn about his words and behaviors?
  - What choice helped Beaver fix the problem?
  - What is one kind or calm sentence someone could use when words hurt?



Step 5: Closing Guiding Question:

- How can remembering the Beaver story help us make good choices with our words in our classroom?

