

The Mongolian Adventures Podcast
Season 1 Episode 9: Bogd Khan Winter Palace Museum

Lesson Plan:

*This lesson plan can include time for students to listen to the podcast in class or students can be asked to listen to the episode before class as homework. If students listen beforehand, more time can be given for writing and illustrating.

Skills:

Students will be able to:

- Reflect on their own feelings and how they change
- Think about how they can understand others' feelings and their reactions
- Write about a time they felt a strong emotion and how it made them feel

Lesson Format:

Timing :	Content:
10 minutes	Brainstorm: Have students use sticky notes to write down all of the feeling words they can think of. Put them together and read over them together as a class. See if you can think of more as a class. Talk about how there are so many different feelings we can feel in our bodies and lots of different words we can use to describe how we are feeling.
10 minutes	Listen to Episode 9 of the podcast about the Bogd Khan Winter Palace.
5 minutes	Post-discussion: Have the students draw how Minjin felt when she was lost in the museum. What words could you use to describe her feelings at that moment? Share about how some feelings can be particularly strong.
15 minutes	Have students reflect on a time when they felt a very strong emotion like Minjin. Ask them to draw and write about that experience. If students are willing, have them share with the class after drawing and writing. Discuss empathy and how trying to understand others' feelings can help us treat them with understanding and kindness, like Ankhaa does

	when he finds Minjin crying.
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Bonus Links + Extension Ideas:

- Emotions Check-in: Spend a few days having students check-in about how they feel that day and discussing what feelings we can describe with our words.
- Books to read:
 - [Today I feel...](#)
 - [The Boy with Big, Big Feelings](#)
 - [Ruby Finds a Worry](#)
 - [The Unbudgeable Curmudgeon](#)
- Role-play: Have students practice acting out what they would do if they found someone crying like Minjin. How could they help? What can we do or say when someone is feeling a strong feeling?