



Topics to teach: Tools to Feel Happy and Calm, Feeling Happy: K-2

Lesson: Activity Book, Pages 17 & 18

Length of lesson: 30 min

Goal: Teach students to understand and use coping tools in order to stay happy and calm.

Objectives:

- Identify coping tools that should be used daily.
- Identify coping tools that can be used when big feelings are coming.

Vocabulary:

Discuss these terms prior to the lesson:

Happy
Calm

Coping tools

Materials:

1. "I Can" statement printed and cut out
2. Finding Feelings Activity book - Pages 17-18
3. Pencils, crayons, scissors, glue
4. (Optional) Projection of lesson

"I Can" statement:

Display and read the "I Can" statements before and after lesson delivery.

I can use coping tools to feel happy and calm!

Attention Grabber

Tell the students to listen very carefully to the story about Rocket and his friend.

Rocket's friend was at a party on Sunday night with his parents. He got home late and ate a lot of sugar. On Monday at school, Rocket noticed he was yawning a lot. He seemed slow at recess. He did not even raise his hand to read his favorite book in reading. Rocket talked to him. "You don't seem like yourself today, are you ok?" asked Rocket. "I think so," said his friend. He told Rocket about the party and how he stayed up late and ate a lot of sugar. Rocket told him it was ok to have some days like that, but it is good to use coping tools to get back to happy and calm. Rocket suggested he start by drinking water. Next, he would go to bed at his normal time and got a good night's sleep tonight. Last, he said "make sure to get a lot of exercise at recess, and don't have any sugar today!" Rocket's friend really want'ed to feel better so he did all of these things! Before he knew it, he was back to feeling happy and calm at school!

What tools did Rocket's friend use to get back to feeling happy and calm? (Drinking water, getting enough sleep, and getting exercise)

-2nd grade: Have you ever felt like Rocket's friend? When? Did you ever use any of these tools?



Topics to teach: Tools to Feel Happy and Calm, Feeling Happy: K-2

Lesson: Activity Book, Pages 17 & 18

Lesson

Today we're going to talk about "Feeling Happy and Calm" and "How to Feel Happy and Calm". Feeling Happy and calm lets us do our best at school, at sports, and at home!

Show me what you look like when you are calm. (Respond) Show me what you look like when you are happy. (Respond) isn't it interesting that there can be so many different kinds of calm, and different kids of happy? You could be excited and happy, but not calm. Like maybe if you're going to ride a fun ride. You could also be calm after you take a bath and get ready for bed, but maybe you're just sleepy and not happy about going to sleep. You can also be calm AND happy. That's the best place to learn and think! (Review and complete happy and calm worksheets for the appropriate grade level)

When we feel happy and calm, that means we are able to listen, learn something new, play games with our friends, or even enjoy a movie or video game! Being happy and calm makes our bodies and minds ready for many activities. When you are inside the classroom....we can be really happy when we do our art project...but we need to be calm so we can learn and do our work. If we're calm we can do a better job! If we're calm..it helps others around us be calm. Then everyone does a better job!

If our body and mind are too excited and out of control...we just can't pay attention and focus. We can't learn. It's fun to be excited, but we can't be out of control. We can't be fooling around. It doesn't help when we're trying to learn.

I don't always feel happy and calm. Sometimes I'm tired or a little angry, Rocket has some tools that I use, and can help you feel "happy and calm." Thumbs up if you Are ready to hear them. Whenever we're feeling sad, mad or angry we can use these tools.

The first thing we need to get happy and calm is a good night's sleep. This makes our brain feel better. Just like plants need a little water and a little sun every day to grow. Next, We also need exercise every day. This makes our bodies feel healthy and strong. If big feelings sneak up on you, you can blow bubbles or take deep breaths. You can also do dots and squeezes. Take one hand and gently squeeze each finger on each hand for three seconds. (Do this while counting out loud).

Another thing you can do is to use your senses to help you focus on happy and calm: Thinking about one thing you can see, hear, feel, touch, and smell helps you. Like, petting your dog, smelling a great flower, or eating a chocolate cookie.

Complete Activity Book pages 17-18

Remember that your feelings are never wrong. Sometimes we need a little help to feel better. Remember, feeling happy and calm will let you do your best work.

Extended Thinking

- Why is it important to have tools to get back to happy and calm? (So that we are ready to learn)
- what kind of things might make you happy and excited? (Playing games, going to a park, etc)
- Name one coping tool that you'd like to try to get back to happy and calm next time you need it.

2nd grade: Are there any activities that might make two people feel different ways? What might make you feel calm that makes someone else feel excited?

Standards

CASEL Competency: Self-Management

Standards: K. L.5.c Identify real-life connections between words and their use (e.g., note places at school that are colorful)

1.L.5.c Identify real-life connections between words and their use (e.g., note places at home that are cozy).

2.L.5.6 Use words and phrases acquired through conversations, reading and being read to, and responding to texts, including using adjectives and adverbs to describe (e.g., when other kids are happy that makes me happy)



Finding Feelings

You can be happy and not calm, calm and not happy, OR happy and calm! Cut out the activities below and glue them in the cloud that shows your feeling: happy, calm, or happy AND calm!

Remember, your feelings are never wrong!

Happy & Calm

Happy

Calm



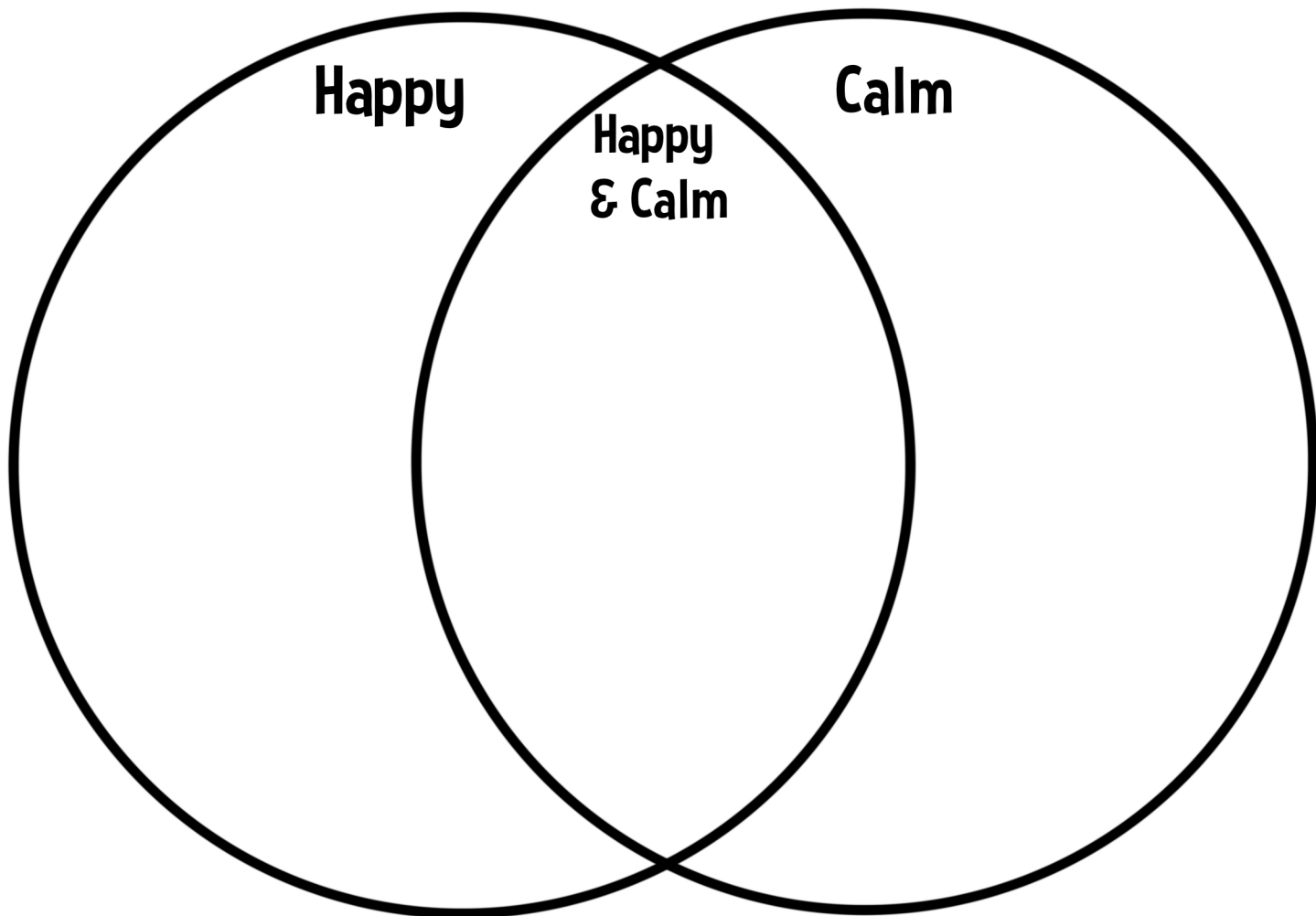


Finding Feelings

You can be happy and not calm, calm and not happy, OR happy and calm! Cut out the activities below and glue them in the part of the diagram that shows your feeling:

happy, calm, or happy AND calm!

Remember, your feelings are never wrong!

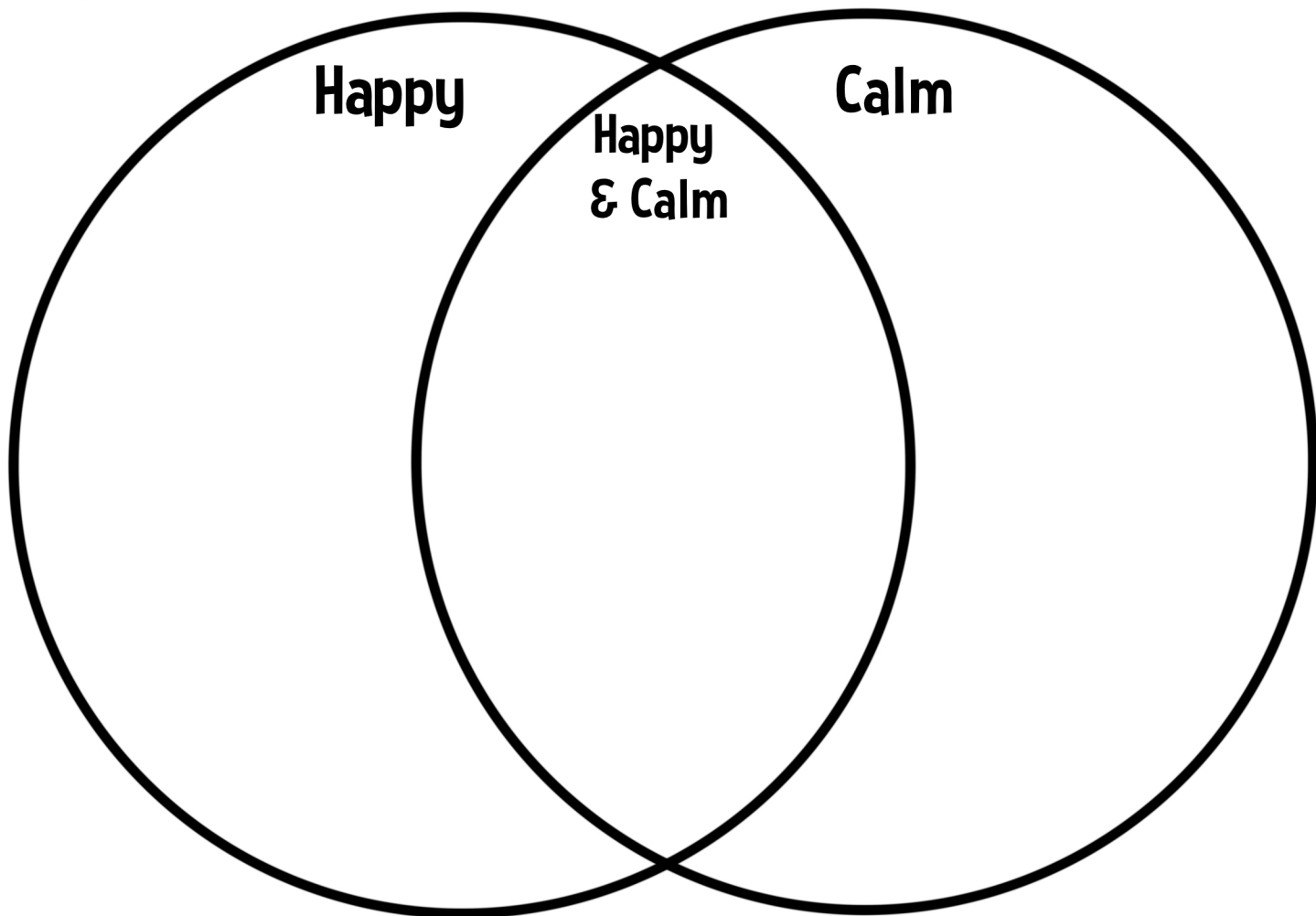


Coloring or drawing	Playing tag	Going to a birthday party
Riding fair rides	Eating candy	Drinking water
Doing a puzzle	Watching a movie	Hugging a pet or stuffed animal



Finding Feelings

You can be happy and not calm, calm and not happy, OR happy and calm! Cut out the activities below and glue them in the part of the diagram that shows your feeling: happy, calm, or happy AND calm. Then, write your own activities in the blank rectangles and glue them in the correct part of the diagram. Remember, your feelings are never wrong!



Coloring or drawing		Going to a birthday party
Doing a puzzle	Watching a movie	Hugging a pet or stuffed animal



I can use coping
tools to feel happy
and calm!

VOCABULARY



Happy
Calm

Coping tools

Congratulations!



For Completing the lesson

Happy and Calm

You're a Rocket Finding Feelings
Super Star!

Instructor signature _____

Signature Rocket  _____ Date _____