

**TOOLS FOR FEELING HAPPY and CALM -- FEELING HAPPY
ACTIVITY BOOK pages: 17-18**



Officer Script

Hi Kids! It's great to be with you!

Today we're going to talk about "How to Feel Happy and Calm" every day. This lets us do our best all of the time: at school, at sports, when you are hanging out with your friends, and at home.

Remember, all of your feelings are in your brain, and your brain feels strong when you feel happy and calm.

First, Let's talk about Calm...when you're calm, you're not worried. You feel relaxed. You're not frustrated. You want good things to happen. I'm calm when I'm petting my dog....or listening to my favorite music....

When I'm going to visit my friend, I always think I'm going to have a good time..not a bad time. That's thinking positive. That helps me stay calm.

So, what makes you feel calm? What do you like to do that helps you be calm? (ask a few kids for answers).

.... And, when I'm calm, it helps me be happy so I can do my best and have fun.

Now—Let's talk about happy...you feel good on the inside...you are smiling... You enjoy what you are doing... when I'm playing basketball with my friends I'm really happy...I'm also really happy when I eat my favorite pizza or ice cream...give me 2 thumbs up if you are happy when you eat pizza or ice cream!

Think about What makes you feel happy at school? (ask a few kids for answers)

What makes you happy when you are at home?

Now close your eyes and think about a place or the person that makes you feel happy and calm. Who can tell me what they are thinking about?

When you feel happy and calm, that means you are able to listen, learn something new, play games with your friends, or even enjoy a movie or video game!

Being happy and calm makes our body and mind ready for many activities. When your brain gets happy you also learn more in school.

But did you know you can be happy but not be calm? Let me tell you about a time when you might be happy but not calm.

On the playground....you might be running around...having fun with friends....playing on the slide....and you are really happy. And you are excited, laughing out loud, and yelling to your friends with a big voice...because you are so happy..... that's great...but that's not being calm.....you have LOTS and LOTS of energy!

That may be ok for outside play....

BUT.....When you are inside the classroom....but you need to be calm so you can learn and do your work.....you can be really happy....but you can't be using big voices, yelling to your friends and running around....

When you do your art project or class work.... If you're calm you can do a better job! If you're calm..it helps others around you listen better and learn better. Then everyone does a better job!

If your body and mind are too excited and out of control and...you just can't pay attention and focus. You can't learn. It's fun to be excited, but you can't be out of control. You can't be fooling around as that doesn't help you or your friends when trying to learn.

NO ONE can feel happy and calm ALL the time. For example, sometimes I'm tired and a little angry, but Rocket has some tools that I use

to help me feel “happy and calm.” Thumbs up if you are ready to hear them *[demonstrate thumbs up so the students follow]*

Whenever you’re feeling sad, mad or angry you can use these tools....

The first thing you need to get happy and calm is a good night’s sleep...that’s 10 hours of sleep.... this makes your brain feel better. Just like plants need a little water and a little sun every day to grow. Your body need rest and sleep.

Next, you also need exercise every day. This makes your body feel healthy and strong.

Here’s another idea: you can blow bubbles or even just take some deep breaths. Let’s do 3 deep breaths together. 5 seconds in and 5 seconds out.

Ready? (Breathe in and hold up fingers to count to 5 seconds breathing in, and 5 seconds breathing out. Repeat 3x)

You can also do something I call 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 cookie.

Remember that your feelings are never wrong. Sometimes you need a little help to feel better. Talking to a trusted adult like parents or teachers can help you.

Remember, feeling happy and calm will let you do your best work every day.

Let's do our Rocket Promise:

I promise
To Manage My Feelings
To Share My Feelings
So I can do my best every day

You were a great class. I feel great visiting with you. I hope you feel great too. Bye for now. Have a happy and calm day. See you soon!

Reflection Questions:

1. What are some things you can do to get "Happy and Calm"
2. Do you work better when you are sad and mad or happy and calm?
3. If you feel out of control in the classroom, what can you do to calm down?

TOOLS TO FEEL HAPPY and CALM

There are many ways to feel happy and calm. These are called **COPING TOOLS**. You can use **COPING TOOLS** every day, wherever you are, for all feelings, including big feelings. When these tools are just not enough, talk to an adult you trust about how you are feeling.

Spend Time Outside



Blow Bubbles



Use Your Senses



Take Deep Breaths



Drink Water



Exercise



Dots and Squeezes



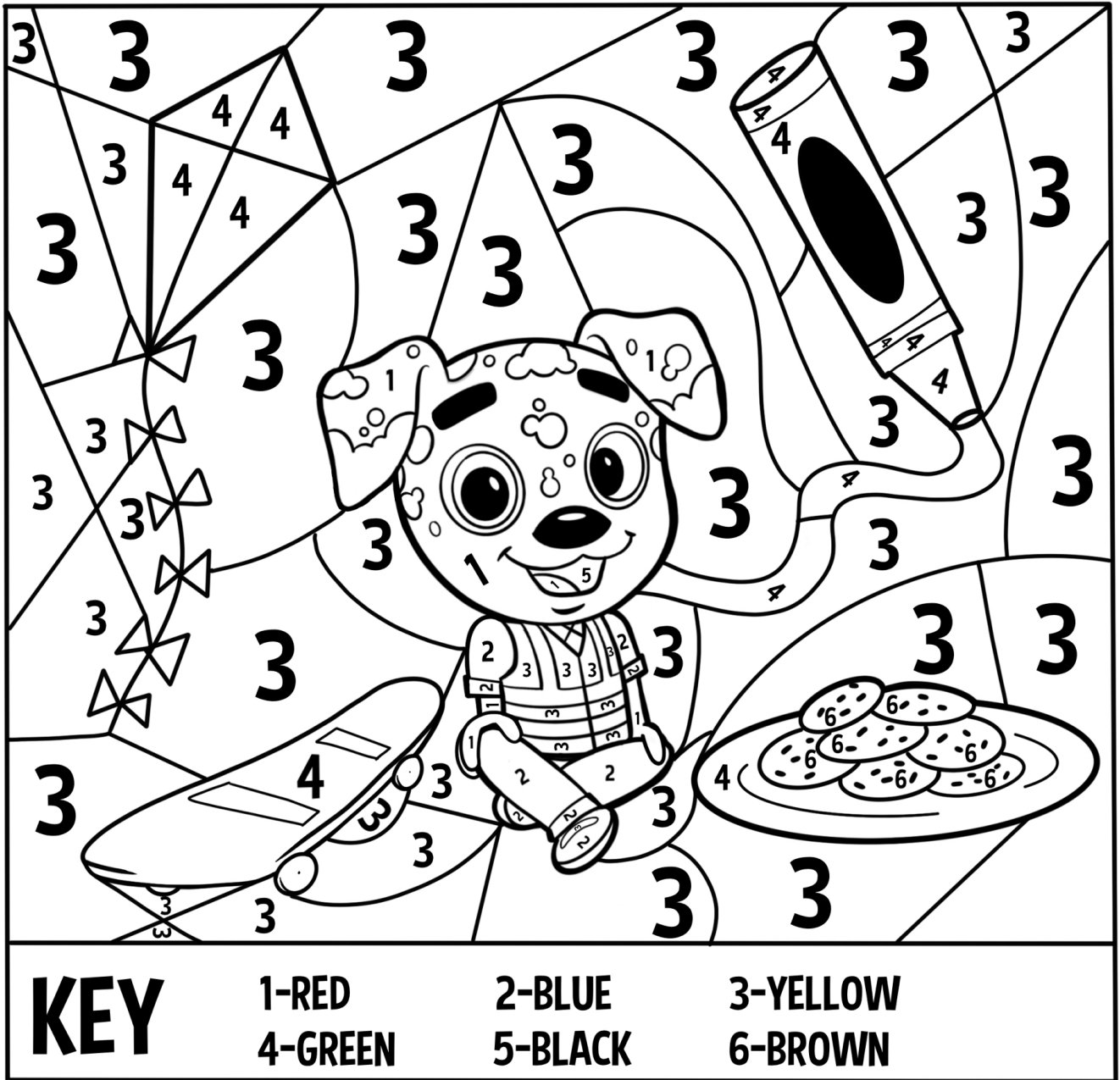
Get Enough Sleep



Circle the things you should do every day to keep your feelings just right.
Then, color this page.

FEELING HAPPY

There are many activities that can help you feel happy.



Use the key to color the picture and find out what things make Rocket feel happy.



Congratulations!



For Completing the lesson



Happy and Calm

You're a Rocket Finding Feelings

Super Star!

Instructor signature _____

Signature **Rocket**  _____ Date _____