

SELF MANAGEMENT

LESSON PLAN 4— EXPRESSING NEEDS APPROPRIATELY

Duration: 25 minutes

Characters: Selin, Whisper, Cherry, Crisp

Objective: Students will learn how to express their needs using calm, kind words instead of grabbing, shouting, or reacting impulsively.

LEARNING GOALS

By the end of the lesson, students will:

- Recognize when they need something (help, space, a turn).
- Practice using words to express needs appropriately.
- Replace impulsive reactions (grabbing, yelling) with calm language.
- Understand that expressing needs clearly helps everyone feel better.

MATERIALS NEEDED

- Selin's Sweets Video: Kind Words
- Open classroom space
- Optional: visual cue card (Stop · Breathe · Speak)

LESSON STEPS

1. Welcome & Warm-Up (2 min)

Teacher greets:

“Good morning, sweet friends! Today we are learning how to use our words to tell others what we need — in a calm and kind way.” Children sit in a circle and prepare to watch.

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2. Story (2 min)

Play the SEL video.

After viewing, summarize:

- Sometimes friends need something — a turn, help, space, or attention.
- Instead of grabbing or shouting, it's better to use kind words.
- Using words helps everyone feel calm and understood.

Teacher reinforces:

“When we use our words, we show self-control.”

3. Discussion & Reflection (6 min)

Teacher asks:

Repeat after me (calm voice): “Can I have a turn, please?”

“I need help, please.”

“Please give me space.”

- “What might you say if you need a turn?”
“Can I have a turn, please.”
- “What can you say if you need help?”
“I need help, please.”
- “What happens if we grab instead of asking?”
- “Do kind words help our bodies feel calm or wiggly?”
- “Show me a calm breath.”

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4. Activity – Use Your Words Practice Game (10 min)

Step 1 – Act It Out (Teacher Models)

Teacher pretends to grab a toy from a student and says:
“Is that the best way to show I need a turn?”

Children say no.

Teacher models instead:

“Can I have a turn, please?”

Step 2 – Practice Scenarios

Two children at a time come to the front.

Teacher gives simple scenarios for the children to use calm words. The child uses calm words - class gives a quiet thumbs up.

- If you want a turn.
- If you need help opening something.
- If someone is too close to you.
- If you want to join a game.

Children practice saying:

- “Can I have a turn?”
- “Can you help me?”
- “Please give me space.”
- “Can I play?”

Teacher reinforces calm tone and body language.

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Step 3 – Add Self-Control Cue

Teacher introduces a simple routine:

“Stop... Breathe... Speak.”

Children practice:

1. Freeze
2. Take one small breath
3. Say what they need clearly

Teacher:

“That is expressing your needs the sweet way.”

5. Closing – My Words Help Me (5 min)

Teacher asks:

“What can you say when you need something?”

Teacher: “When I need something, I can...”

Children: “USE MY WORDS!”

Children share or whisper their answer.

Teacher closes:

“When we use our words, we take care of ourselves and others.”

Teacher Reflection

- Did students identify appropriate phrases for common needs?
- Did they replace impulsive actions with language?
- Did they practice calm tone and body control?
- Did they understand that expressing needs is part of self-control?