

SELF MANAGEMENT

LESSON PLAN 3 – CALMING STRATEGIES

Duration: 25 minutes

Characters: Selin, Whisper, Crisp, Joy

Objective: Students will learn simple calming strategies by identifying feelings and choosing healthy ways to respond when emotions feel big.

LEARNING GOALS

By the end of the lesson, students will:

- Identify common feelings such as happy, sad, excited, or mad.
- Learn that different feelings can be managed in safe, healthy ways.
- Practice choosing a calming strategy that helps their body feel better.
- Understand talking about feelings helps others know how to help them.

MATERIALS NEEDED

- Selin’s Sweets Video: Calming Strategies – “When I Feel” Cards
- Paper or card stock for “When I Feel” cards
- Crayons or markers

LESSON STEPS

1. Welcome & Warm-Up (2 min)

Teacher greets the class: (Children sit in a circle)

“Good morning, sweet friends! Today we’re learning what to do when we feel big feelings — and how to help our bodies calm down.”

2. Story (2 min)

Play the Calming Strategies video.

Crisp shares: “When I feel sad, I look for my friends to cheer me up.”

Joy shares: “When I feel happy, I like to give hugs!”

Whisper shares his silly excitement with a wagging tail.

Children learn everyone feels different emotions — and there are ways to feel better.

Selin reminds children:

“When we talk about our feelings, our hearts feel lighter.”

SELF MANAGEMENT

LESSON PLAN 3– CALMING STRATEGIES

3. Discussion & Reflection (6 min)

Teacher asks:

- “When your feelings feel BIG, what can you do?”
- “What does Joy like to do when she feels happy? (hug / smile / dance)”
- “How did Joy feel?”
- “When Crisp felt sad, what did he do? (friends / hug / breathe)”
- “Show me a face: was Crisp sad, happy, mad, or excited?”

Teacher asks (keep answers short):

4. Activity – My ‘When I Feel’ Card (10 min)

Step 1 – Explain the Activity

Teacher:

“We’re going to make our own ‘When I Feel’ card to help us remember what to do when our feelings show up.”

Step 2 – Choose a Feeling

Each child chooses one of these feelings:

• **Sad** • **Mad** • **Excited** • **Scared** • **Tired**

Teacher tells children, When you feel one of these emotion, what can you do to calm down?

Step 3 - Choose one of these ways to make your body feel better:

- Take a deep breathe
- Give a big hug
- Talk to a friend or teacher
- Sing a quiet song
- Sit in a calm space

Children draw what they do when they feel that way.

SELF MANAGEMENT

LESSON PLAN 3 – CALMING STRATEGIES

Step 4 – Share

Children share their card with the class and say:

“When I feel ____, I ____.”

Teacher affirms:

“That’s a great way to help your body feel better.”

5. Closing – Feelings Help Us Learn (5 min)

Teacher closes:

“When we know our feelings and what helps us, we take good care of ourselves and each other.”

Teacher Reflection

- Did students identify at least one feeling?
- Did they choose a calming strategy?
- Did they understand that different strategies help different feelings?
- Did they engage in drawing or sharing?