

# SELF MANAGEMENT

## LESSON PLAN 2 – FOLLOWING ROUTINES

**Duration:** 20–25 minutes

**Characters:** Selin, Rico, Lola

**Objective:** Students will learn what routines are, why routines help us feel calm and ready, and practice following a simple routine through movement, music, and sharing.

### LEARNING GOALS

By the end of the lesson children should learn

- Understand what a routine is in simple terms.
- Recognize how routines help their bodies feel calm and ready.
- Practice following steps in order.
- Participate in a group routine using movement and music.

### MATERIALS NEEDED

- Selin’s Sweets Video: Following Routines
- Open space in the classroom (no props required)

### 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 about routines — the steps we follow every day to help us feel calm, safe, and ready.”

#### 2. Story (2 min)

Play the Following Routines video.

- Rico follows the bakery routine:
- Wash hands
- Take a slow, calm breath
- Sing the morning song
- Lola rushes because she is excited.
- Rico gently reminds her to follow the routine first.
- Lola slows down, follows the steps, and feels calm and ready again.

Selin reminds children:

“Following routines shows responsibility and love for yourself.”

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### 3. Discussion & Reflection (6 min)

#### Teacher asks:

“What do we do first — wash hands or dance?”

- “Show me: how do we wash our hands?”
- “Show me: one calm breath.”
- “Did Lola go too fast or slow and calm?”
- “How did Lola feel after the routine — calm or wiggly?”
- “What is one routine we do at school? (line up / clean up / sit on the rug)”

Kids can answer with a word, pointing, or acting it out (wash hands, breathe, sing).

### 4. Activity – Our Routine in Action (10 min)

#### Step 1 – Morning Routine Dance (Movement + Music)

Teacher says:

“Now, let’s follow the Sweet Bakery routine together — just like Rico and Lola!”

- 1.Children pretend to wash their hands
- 2.Children take one slow, deep breath
- 3.Play the song from the video and invite children to dance

#### Teacher cues during the song:

- “Move your body like Selin, Rico, and Lola”

#### Teacher reinforces:

“When we follow routines, our bodies feel calm and happy!”

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### ACTIVITY 4- CONTINUED

#### Step 2 – My Morning Routine Share (Circle Time)

Children sit in a circle.

Teacher models:

“In the morning, I wake up, get dressed, and eat breakfast.”

Three children at a time share one step of their morning routine.

Sentence frames:

- “First, I \_\_\_\_.”
- “Then, I \_\_\_\_.”

### 5. Closing – Routine Promise (5 min)

**Teacher asks:**

“What routine will you follow today at school or at home?”

Children share or whisper their answers.

**Teacher closes:**

“Just like Rico and Lola, when we follow our routines, we feel ready for a sweet day!”

**Teacher Reflection**

- Did students understand what a routine is?
- Did they follow steps in order?
- Did movement and music support calm behavior?