



Grade K Mental Wellness/Social Emotional Skills Sample Lesson Plan 1 Social Emotional Skills (Activity Ideas and Resources)

Objectives/Goals

The following activity ideas and lesson and information resource links address these SOLs and support the social and emotional development of students. The Health Smart Virginia website provides a bank of more detailed lesson plans to meet the Grade K Social Emotional SOLs in the *Related Resources* listing under this document on the website. To directly access these on their source sites, click the web links below.

The contribution teachers make to the social and emotional development of students is affected by how teachers themselves role model pro-social and emotional regulation skills; supportive interaction with students by educators, health, and counseling staff; and the larger community, school and classroom climates - perhaps even more than implementation of any specific focused lesson.

Procedure

Student Activity Ideas

1. Tell students that feelings or emotions are the way they feel inside.
2. List ways that people can express feelings (your face or body can show feelings)
3. Have students describe feelings (e.g., happy, sad, mad/angry, scared). Provide props with smiley and frown faces and have them indicate how certain activities/events make them feel (e.g., getting ice cream, getting sick, having a birthday party).
4. Have students practice using words to identify emotions.
5. Have students create a poster with pictures of people, places, and things that make them feel happy, sad, angry or scared and identify the emotions.
6. Read an age appropriate story about an event where characters feel anger, frustration,

- fear or sadness.
7. Have students: describe appropriate ways to deal with uncomfortable feelings (e.g. one good way is to talk about them); describe inappropriate ways to deal with uncomfortable feelings (starting a fight, saying bad words, breaking something); and discuss healthy ways to deal with feelings.
 8. Incorporate kindness into every class (e.g., Fuzzy Feeling Chair (Gr. K-5) http://www.educationworld.com/a_tsl/archives/03-1/lesson026.shtml : Position a special “chair” (beanbag, stool, chair that is used for this activity only) in the classroom. Each day, ask a different student to sit in the chair and have the other students take turns saying nice and positive things about that student. The student in the chair can only say “Thank You” and nothing else. At the end of the activity, ask the student sitting in the chair how it felt to have others saying nice things about her/him. Over time, students will become comfortable with being complimented, and complimenting others, trusting and expressing their feelings.
 9. Engage in activities that support *Mindfulness*. Per Kellie Edwards, Kids Activities Blog <http://kidsactivitiesblog.com/60980/5-mindful-games-kids> , mindfulness is about paying attention to the here and now; rather than being distracted– slowing down and experiencing stillness to quiet the mind. The benefits to children include: improving observational skills and concentration; allowing a time to regroup and wind down – giving brains and bodies time to renew; feeling steady and safe; soothing emotions; feeling kind and connected. Following are examples of activities that contribute to mindfulness:
 - Blowing bubbles – encourage students to breath in deep and out slowly, and focus on the bubbles’ gentle movements.
 - Pinwheels – encourage students to breath in deep and out slowly and focus on the pinwheels’ movements.
 - Playing with balloons – each child pushes a balloon gently into the air and tries to keep it afloat and within reach.
 - Texture bag – place a sampling of small, familiar objects of various textures (e.g., rock, stick, leaf, acorn, marble, squishy toy, fluffy toys) into a bag; have students take turns touching and feeling the items in the bag without taking them out, describing how the object feels, and guessing what the object is.
 - Blindfolded taste test – depending on the school’s policies related to food items, students take turn being blindfolded and then feeling and tasting a variety of fruits, vegetables, or other foods . In turn, students describe how the food items feel and taste – and then remove their blindfolds and describe what they see.

References

- Elementary School Counseling - Activity Ideas and Worksheets - Identifying and Expressing Feelings- <http://www.elementaryschoolcounseling.org/identifying-and-expressing-feelings.html>
- Fit4TheClassroom – Mood Music Lesson <http://stage.fit4theclassroom.com/mood>
- Joyful Mind –Mindfulness in the Classroom Activities - <http://www.joyfulmind.net.au/blog/mindfulness-in-the-classroom-some-helpful-suggestions>
- KidsHealth.org Teacher’s Guides for PreK-2:

- Self Esteem
https://classroom.kidshealth.org/classroom/prekto2/personal/growing/self_esteem.pdf
- Empathy
<https://classroom.kidshealth.org/prekto2/personal/growing/empathy.pdf>
- Feelings
<https://classroom.kidshealth.org/classroom/prekto2/personal/growing/feelings.pdf>
- Stress
<http://classroom.kidshealth.org/prekto2/problems/emotions/stress.pdf>
- Learn to Be Healthy- <http://www.learntobehealthy.org/health-education/mental-health.aspx>
- Mindful Schools – Lesson- Introduction to Mindful Bodies and Listening-
<http://www.mindfulschools.org/resources/explore-mindful-resources/>
- Mindful Schools –<http://www.mindfulschools.org/resources/explore-mindful-resources>
- Mindful Teachers Site - <http://www.mindfulteachers.org/p/free-resources-and-lesson-plans.html>
- No Time For Flash Cards – Circle Time lessons About Emotions-
<http://www.notimeforflashcards.com/2016/05/circle-time-lessons-about-emotions.html>
- PBS Kids – Impulse Control Fast and Slow Then Stop -
<https://www.pbslearningmedia.org/resource/7db6cd68-1538-4961-aa11-66bcff9ec328/activity-fast-and-slow-then-stop-daniel-tigers-neighborhood/#.WR3V12VNFho>
- PBS- Overview of Mindfulness- <http://www.pbs.org/thebuddha/teachers-guide/>
- PE Central lessons
 - Emotions in Motion
<http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=9514#.WR3WVmVNFho>
 - Lesson on Feelings
<http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=11039#.WR3WfVWNFho>
 - The Feelings Hop
<http://www.pecentral.org/LessonIdeas/ViewLesson.asp?ID=1636#.WR3W02VNFho>
 - Yoga Unit – Feelings and Reactions
<http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=132948#.WR3XFWVNFho>
- Rossier USC - Creating Safe Spaces – Social Emotional Lessons-
<https://rossieronline.usc.edu/blog/bullying-prevention-lesson-plans/>
- Scholastic – Learning About Emotions (Gr. K)

<https://www.scholastic.com/teachers/lesson-plans/teaching-content/activity-plan-4-5-learning-about-emotions/>

- Scholastic - Mind Up Curriculum – brain centered management and teaching strategies <http://teacher.scholastic.com/products/mindup/>
- Scholastic - Social and Emotional Learning: Essential Lessons for Student Success
- <https://shop.scholastic.com/teachers-ecommerce/books/social-and-emotional-learning-essential-lessons-for-student-success-9780545465298.html>
- Teachnology -Mental Health and Stress Reduction - <http://www.teach-nology.com>
- Tennessee Department of Mental Health - BASIC – Better Attitudes and Skills in Children – A Collection of Social Emotional Lesson Plans & Activities (K-3rd grade) - <http://www.tnvoices.org/wp-content/uploads/A-Collection-of-Social-Emotional-Lesson-Plans-Website-Version-3-23-20152.pdf>
- Wall Street Journal - Overview of Mindfulness - <https://www.wsj.com/articles/can-mindfulness-help-students-do-better-in-school-1424145647>
- When Grief Enters the Classroom
http://www.rcsdk12.org/cms/lib04/NY01001156/Centricity/Domain/12/District%20Links%20documents/grief_guide.pdf