

Understand That Life is Full of Surprises and Different Feelings

Description

Supplies

- Bubbles
- Jenga blocks
- Music

Skill Builder



Lesson

1. Recite the line from Words to Live By: â??Lifeâ??s full of surprises that make feel different ways.â?• Ask students to think about this line and what it means. Allow a few students to share.
2. Explain many times in life, little things happen that we donâ??t expect and lots of times these things cause us to feel negative emotions.
    - For example, you are planning to go to an amusement park, but you wake up and find out itâ??s raining so you canâ??t go.

3. Ask students to share a time they had something unexpected happen, how they felt at that moment, and how they reacted.
4. Explain sometimes when unexpected, negative surprises pop up itâ??s easy to lose control of your emotions. Discuss how losing control of your emotions can lead to negative consequences.
5. Share that it is okay to feel negative emotions, but itâ??s not okay to lose control and act out in a way that could hurt others or damage things.
6. Talk with students about the things that could happen if someone loses control of their emotions.
7. Explain the Skill Builder, Reset & Relax. Youâ??ve had a surprise happen, your emotions are all mixed up, and youâ??re upsetâ??try some R & R.

    Reset -> and determine what is really bothering you

    Relax-> your mind and body to try to calm down

7. Let students know using R & R will help them gain control of emotions and avoid any negative consequences that might happen.

Activity-Tumbling Towers

1. Divide students into two teams.
2. Let them know they will be working together to try and build the tallest tower. Tell them that there will be a variety of surprises that are going to occur during this challenge. Students must remember to utilize R & R during this activity.
3. Evenly divide up the blocks amongst the two teams and tell the students how much time they will have for this activity.
4. Throughout the activity provide different surprises like:
    - Blowing bubbles at the teams to make them distracted
    - Removing blocks from their towers
    - Playing loud music to make it more difficult to hear their teammates
    - Making one team stop building for 30 seconds
    - Instructing students to only use one hand to build for one minute
5. At the end of time, announce the winning team, who has the highest tower.
6. Ask the groups these follow-up questions:
    - What emotions did you feel during this challenge?
    - Did anyone forget to R & R during this challenge?
    - Was anyone able to use R & R to stay in control during this challenge?

Category

1. Lesson Plans
2. Self-Management

Sel-competency-lessons

1. Self-Management

Grade-level

1. Grades 2-3