

THEME 4: TAKING CARE OF STRONG EMOTIONS ON THE INSIDE AND OUTSIDE

Lesson 11: Making mind jars and practicing using them

Date of Lesson: _____

Approximate length of lesson: _____

Name: _____

Instructions: For each lesson objective, please circle a number, using the scale below, to indicate to what extent you met the objective.

0	----- 1 -----	2 -----	3 -----	4 -----	5 -----	6 -----	7 -----
<i>I did NOT introduce or address this objective.</i>	<i>Introduced the topic but did not explain or practice.</i>		<i>Introduced it & provided some explanation & some practice</i>			<i>Introduced it & provided detailed explanation & practice</i>	

<i>Lesson Objectives</i>	0	1	2	3	4	5	6	7
1. Introduced and reviewed Moody Cow and mind jars and understanding that we all get upset and emotions change and there are things we can do to help calm down.	0	1	2	3	4	5	6	7
2. Introduced idea that it can be hard to help or be kind when we are angry and that certain behaviors (e.g., yelling, hitting) can make us more angry.	0	1	2	3	4	5	6	7
3. Introduced mindful movement activity with giraffe, inhaling and exhaling with back and spine straight, lifting neck, stretching, and breathing.	0	1	2	3	4	5	6	7
4. Introduced quieting down and paying attention to make mind jar: explain about glycerin (sting eyes and need to wash if on hands).	0	1	2	3	4	5	6	7
5. Introduced slowly putting 2 teaspoons of glitter into the jar, water to the top, and one drop of soap, find cap with initials, and tighten lid (superglue with note to parents)	0	1	2	3	4	5	6	7
6. Introduced that we cannot all go at the same time so need to wait your turn and while waiting: watch, count, feel your breath.	0	1	2	3	4	5	6	7
7. Introduced shaking mind jar and pretend angry, place them on the floor and watch them settle, allow our thoughts and feelings to settle with five breaths.	0	1	2	3	4	5	6	7
8. Introduced discussion about how feel on the inside, will send jars home tomorrow, shake them when upset and watch them settle.	0	1	2	3	4	5	6	7
9. Introduced concept: Sometimes we need to wait.	0	1	2	3	4	5	6	7
10. Introduced concept: We feel good when we get our turn	0	1	2	3	4	5	6	7

1. How did this lesson go? What worked well in this lesson? What did you find to be particularly effective?
2. What was challenging? Did you notice anything that the children didn't seem to understand or struggled with?
3. Did you modify or add anything?
4. What would you do differently the next time you implement this lesson?

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2. What was challenging? Did you notice anything that the children didn't seem to understand or struggled with?
3. Did you modify or add anything?
4. What would you do differently the next time you implement this lesson?
5. Are the activities in this week's lessons similar to activities you do as part of your other programming or Pyramid programming? That is, do you think there is major overlap?