

THEME 5: CALMING AND WORKING OUT PROBLEMS (TODDLERS)

Lesson 13: Mindful movement

Date of Lesson: _____ Approximate length of lesson: _____

Name: _____

Below is the list of original objectives to help you remember the pieces of the lesson. The questions that follow ask how you adapted the objectives for toddlers.

Lesson Objectives:

1. Introduced review of kindness garden, noticing others' kindness, acting kind ourselves, and taking care of ourselves and our feelings, and using our bodies to calm our feelings.
2. Introduced moving like animals and noticing our bodies, thoughts and emotions while breathing and being mindful of our bodies.
3. Introduced mindful movement with eagle, cat, snake/snail, and armadillo (clarifying what an armadillo is), frog, monkey.
4. Introduced activities while demonstrating each movement and showing kids how to do the movement gently while breathing.
5. Introduced slow natural breathing as move from one animal picture to another.
6. Introduced animal movement with song "Animal Action I" and make sure that kids have enough space to move.
7. Introduced finding a place to relax body and feeling each part of the body and using belly buddies.
8. Introduced where on the body different feelings might be felt and how moving bodies and relaxing can help us calm down.
9. Introduced concept: Movement helps us feel our bodies.
10. Introduced concept: Movement can help us calm our emotions.

1. What key concept/ideas from the curriculum were your focus for this lesson?
2. What books/materials/activities did you read/use/do? What did you do that worked well for your toddlers?
3. What was challenging? What would you change or do differently next time?

THEME 4: CALMING AND WORKING OUT PROBLEMS (TODDLERS)

Lesson 14: Forgiving myself

Date of Lesson: _____ Approximate length of lesson: _____

Name: _____

Below is the list of original objectives to help you remember the pieces of the lesson. The questions that follow ask how you adapted the objectives for toddlers.

Lesson Objectives

1. Introduced invitation of bell, GFW, and animal movement review with giraffe and eagle.
2. Introduced "Down the Road" and how girl felt and what she did when she had an accident and how parents reacted.
3. Introduced forgiving helps others and others feel better, put F = Forgiving on the wall.
4. Introduced own story of accident to share with kids.
5. Introduced that we all have accidents, discuss emotions around accidents (e.g., sad, embarrassed, bad, etc...).
6. Introduced when we have an accident saying I didn't mean it. or Are you OK?
7. Introduced forgiving self when have an accident, giving self an imaginary hug, and have kids give themselves a real hug - model hug with detail.
8. Introduced invite the bell and introduced other age-appropriate theme songs related to forgiveness and accidents.
9. Introduced concept: We all have accidents.
10. Introduced concept: We can forgive ourselves when we have an accident.

1. What key concept/ideas from the curriculum were your focus for this lesson?
2. What books/materials/activities did you read/use/do? What did you do that worked well for your toddlers?
3. What was challenging? What would you change or do differently next time?

