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

Lesson 11: Making mind jars and practicing using them.

Approximate length of lesson.	
is the list of original objectives to help you remember the pieces of the lesson. The questions that follow ask <u>how you adapted</u> ves for toddlers.	ed the
Objectives:	
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.	
Introduced idea that it can be hard to help or be kind when we are angry and that certain behaviors (yelling, hitting) can make us more angry.	
Introduced mindful movement activity with giraffe, inhaling and exhaling with back and spine straight, lifting neck, stretching, and breathing.	
Introduced quieting down and paying attention to make mind jar: explain about glycerin (sting eyes and need to wash if on hands).	
Introduced slowly putting 2 teaspoons of glitter into the jar, water to the top, and one drop of soap, find cap with initials	
Introduced that we cannot all go at the same time so need to wait your turn and while waiting: watch, count, feel your breath.	
Introduced shaking mind jar and pretend angry, place them on the floor & watch settle, allow our thoughts & feelings to settle with 5 breaths.	
Introduced discussion about how feel on the inside, will send jars home tomorrow, shake them when upset and watch them settle.	
Introduced concept: Sometimes we need to wait.	
. Introduced concept: We feel good when we get our turn.	
What key concept/ideas from the curriculum were your focus for this lesson?	
What books/materials/activities did you read/use/do? What did you do that worked well for your toddlers?	
	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. Introduced idea that it can be hard to help or be kind when we are angry and that certain behaviors (yelling, hitting) can make us more angry. Introduced mindful movement activity with giraffe, inhaling and exhaling with back and spine straight, lifting neck, stretching, and breathing. Introduced quieting down and paying attention to make mind jar: explain about glycerin (sting eyes and need to wash if on hands). Introduced slowly putting 2 teaspoons of glitter into the jar, water to the top, and one drop of soap, find cap with initials Introduced that we cannot all go at the same time so need to wait your turn and while waiting: watch, count, feel your breath. Introduced shaking mind jar and pretend angry, place them on the floor & watch settle, allow our thoughts & feelings to settle with 5 breaths. Introduced concept: Sometimes we need to wait. Introduced concept: Sometimes we need to wait. Introduced concept: We feel good when we get our turn. What key concept/ideas from the curriculum were your focus for this lesson?

3. What was challenging? What would you change or do differently next time?

THEME 4: TAKING CARE OF EMOTIONS ON THE INSIDE AND OUTSIDE (TODDLERS)

Lesson 12: What else can we do when we are upset?

	Date of Lesson:	Approximate length of lesson:	
	Name:		
	is the list of original objectives to help yo ves for toddlers.	ou remember the pieces of the lesson. The questions that follow ask how you adapted	the
Lesson	Objectives		
1.	Introduced inviting the bell and discussion around emotions can feel good or not and can change.	d witnessing others acting kind and adding stickers to the Kindness Garden. Reviewed how	
2.	Introduced "Moody Cow" and how many awful th	rings happen to him.	
3.	how it feels to have your friends sing to you when	nings have happened to the children and facilitate sharing, singing of caring song and discussion of you are upset (e.g., sad).	
4.	Introduced follow me game and show body position	on and a face and kids copied body and face.	
5.	Introduced angry, sad, afraid, tired, excited and as	ked kids to identify the feelings associated with each position/face.	
6.	Introduced Mind Jar and provided explanation that	t glitter is like our feelings and thoughts - jumbled and all over the place.	
7.	outside and inside and attention to the glitter.	g the glitter settle just as your mind and emotions quiet down and settle, and attention to the	
8.	Introduced using Belly Buddies to play the "Caring	g" song.	
9.	Introduced concept: Emotions and thoughts can m	ake our mind calm.	
10.	Introduced concept: Focusing attention can make	our mind calm.	
1.	What key concept/ideas from the curriculus	m were your focus for this lesson?	
2.	What books/materials/activities did you rea	ad/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?