

THEME 3: HOW I FEEL ON THE INSIDE SHOWS ON THE OUTSIDE (TODDLERS)

Lesson 9: Emotions change many times each day.

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 GFW and discussion around remember to care for plants and care for our friends with kindness.
2. Introduced being a lion, breathing deeply, on hands and knees, exhale with tongue out and eyes wide open.
3. Introduced "Dogger" and Dave's changing feelings, and looking through the pictures and understanding how Dave is feeling and what might have happened to lead to his feelings.
4. Introduced seeds of kindness that Dave is sharing and receiving and how Dave's feelings change and events that lead to different emotions
5. Introduced kindness to our feelings and taking care of our feelings (self-kindness) as a way of caring. Put up C = caring on the wall
6. Introduced use of bean bag animals to symbolize our feelings of sadness and taking care of our sadness by taking care of bean bag animals.
7. Introduced songs "May you be happy" or "Caring" and singing songs to our bean bags "feelings."
8. Introduced concept: I can be kind to my uncomfortable emotions.
9. Introduced concept: Emotions and feelings change.
10. Introduced concept: When I am kind, I feel good and the other person feels good.

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

Lesson 10: Busy mind and clear mind

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 inviting the bell and discussion around witnessing others acting kind and adding stickers to the Kindness Garden. Reviewed how emotions can feel good or not and can change.
2. Introduced "Moody Cow" and how many awful things happen to him.
3. Introduced discussion around how whether bad things have happened to the children and facilitate sharing, singing of caring song and discussion of how it feels to have your friends sing to you when you are upset (e.g., sad).
4. Introduced follow me game and show body position and a face and kids copied body and face.
5. Introduced angry, sad, afraid, tired, excited and asked kids to identify the feelings associated with each position/face.
6. Introduced Mind Jar and provided explanation that glitter is like our feelings and thoughts - jumbled and all over the place.
7. Introduced putting down the mind jar and watching the glitter settle just as your mind and emotions quiet down and settle, and attention to the outside and inside and attention to the glitter.
8. Introduced using Belly Buddies to play the "Caring" song.
9. Introduced concept: Emotions and thoughts can make our mind calm.
10. Introduced concept: Focusing attention can make our mind calm.

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?

