



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?

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

*Lesson 10: Busy mind and clear mind*

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 did NOT introduce or address this objective.*      *Introduced the topic but did not explain or practice.*      *Introduced it & provided some explanation & some practice*      *Introduced it & provided detailed explanation & practice*

<i>Lesson Objectives</i>									
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.	0	1	2	3	4	5	6	7	
2. Introduced "Moody Cow" and how many awful things happen to him.	0	1	2	3	4	5	6	7	
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).	0	1	2	3	4	5	6	7	
4. Introduced follow me game and show body position and a face and kids copied body and face.	0	1	2	3	4	5	6	7	
5. Introduced angry, sad, afraid, tired, excited and asked kids to identify the feelings associated with each position/face.	0	1	2	3	4	5	6	7	
6. Introduced Mind Jar and provided explanation that glitter is like our feelings and thoughts - jumbled and all over the place.	0	1	2	3	4	5	6	7	
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.	0	1	2	3	4	5	6	7	
8. Introduced using Belly Buddies to play the "Caring" song.	0	1	2	3	4	5	6	7	
9. Introduced concept: Emotions and thoughts can make our mind calm.	0	1	2	3	4	5	6	7	
10. Introduced concept: Focusing attention can make our mind calm.	0	1	2	3	4	5	6	7	

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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?