## THEME 3: HOW I FEEL ON THE INSIDE SHOWS ON THE OUTSIDE

Lesson 9: Emotions change many times each day

Date of Lesson: Approxim		nate len	gth of lesso	on:						
Name:										
Instructions: For each lesson	n objective, please circle a numbe	er, using	the scale be	elow, to ind	icate to wha	it extent you	u met the ob	jective.		
0 I did NOT introduce or address this objective.	Introduced the topic but did not explain or practice.	Introduced it & provided some explanation & some practice				6	7 Introduced it & provided detailed explanation & practice			
	<b>Objectives</b>									
1. Introduced GFW and discussion around remember to care for plants and care for our friends with kindness.			1	2	3	4	5	6	7	
2. Introduced being a lion, breathing deeply, on hands and knees, exhale with tongue out and eyes wide open.		0	1	2	3	4	5	6	7	
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.		0	1	2	3	4	5	6	7	
4. Introduced seeds of kindness that Dave is sharing and receiving and how Dave's feelings change and events that lead to different emotions (e.g., happy).		0	1	2	3	4	5	6	7	
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 with the other cards		0	1	2	3	4	5	6	7	
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.		0	1	2	3	4	5	6	7	
7. Introduced songs "May you be happy" or "Caring" and singing songs to our bean bags "feelings."		0	1	2	3	4	5	6	7	
8. Introduced concept: I can be kind to my uncomfortable emotions.		0	1	2	3	4	5	6	7	
9. Introduced concept: Emotions and feelings change.			1	2	3	4	5	6	7	
10. Introduced concept: When I am kind, I feel good and the other person feels good.		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?

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

Lesson 10: Busy mind and clear mind

Date of Lesson: Approximate		te length of lesson:								
Name:		_								
Instructions: For each lesso	on objective, please circle a number, us	ing the sca	ale below, t	o indicate t	to what ex	tent you m	et the object	ctive.		
0 I did NOT introduce or address this objective.  Les	1 2 Introduced the topic but did not explain or practice. sson Objectives	Introduced it & provided some explanation & some practice				6 7 Introduced it & provided detailed explanation & practice				
Introduced inviting the bell others acting kind and adding	l and discussion around witnessing stickers to the Kindness Garden. feel good or not and can change.	0	1	2	3	4	5	6	7	
2. Introduced "Moody Cow" him.	and how many awful things happen to	0	1	2	3	4	5	6	7	
happened to the children and	nd how whether bad things have facilitate sharing, singing of caring song s to have your friends sing to you when	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 prour feelings and thoughts - ju	rovided explanation that glitter is like mbled and all over the place.	0	1	2	3	4	5	6	7	
, ,	ne mind jar and watching the glitter settle ns quiet down and settle, and attention to ention to the glitter.	0	1	2	3	4	5	6	7	
8. Introduced using Belly Bu	ddies 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	ng attention can make our mind calm.	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?
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?
	is, do you think there is major overlap: