

**THEME 2: I FEEL EMOTIONS ON THE INSIDE**  
*Lesson 5: I can notice things when I'm quiet on the inside*

**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>I did NOT introduce or address this objective.</i>	<i>Introduced the topic but did not explain or practice.</i>	<i>Introduced it &amp; provided some explanation &amp; some practice</i>	<i>Introduced it &amp; provided detailed explanation &amp; practice</i>
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<i>Lesson Objectives</i>									
1. Introduced paying attention and being like an elephant.	0	1	2	3	4	5	6	7	
2. Introduced the concept of how it can be "noisy" on the outside but we can be quiet on the inside ( <i>The Listening Walk</i> book).	0	1	2	3	4	5	6	7	
3. Introduced the bell, listening to the bell, and notice quiet place on inside as we feel our breath.	0	1	2	3	4	5	6	7	
4. Introduced being on the farm and doing the listening walk (walk around room and quiet on the inside with attention to outside/inside).	0	1	2	3	4	5	6	7	
5. Introduced attention to animals sounds and freeze in place each time the bell sounds on the son Sounds on the Farm.	0	1	2	3	4	5	6	7	
6. Introduced feeling walk, pay attention to our bodies as we are still and when we walk (e.g., legs, feet).	0	1	2	3	4	5	6	7	
7. Introduced discussion with kids around feeling our bodies (provided kids with a model and asked for examples).	0	1	2	3	4	5	6	7	
8. Introduced concept: When we are quiet, we notice things	0	1	2	3	4	5	6	7	
9. Introduced concept: We can notice sounds and feelings	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 2: I FELL EMOTIONS ON THE INSIDE**  
*Lesson 6: Different emotions feel differently on the inside*

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>	0	1	2	3	4	5	6	7
1. Introduced inviting of the bell and discussion of seeds in the Kindness Garden. and acts of kindness in the classroom.	0	1	2	3	4	5	6	7
2. Introduced review and exercise on noticing how you feel on the inside.	0	1	2	3	4	5	6	7
3 Introduced "Quick as a Cricket"	0	1	2	3	4	5	6	7
4. Introduced being: Bee - excited/calm, Basset - sad/heavy/relaxed/busy, Lark - happy/light/scared/flying, Tiger - brave/big/afraid, Shrimp - shy/small/afraid	0	1	2	3	4	5	6	7
5. Introduced Feeling Walk back to rug and feel steps and bottoms when sitting	0	1	2	3	4	5	6	7
6. Introduced E = Emotions and add to letters on wall. Introduce preferred and not preferred emotions via discussion.	0	1	2	3	4	5	6	7
7. Introduced concept of how some emotions are preferred and others not, but all emotions are helpful. Discussion of why they are helpful.	0	1	2	3	4	5	6	7
8. Introduced quieting of body and Belly Buddy with Breathing in, Breathing out song.	0	1	2	3	4	5	6	7
9. Introduced concept: I can tell someone how I feel on the inside.	0	1	2	3	4	5	6	7
10. Introduced concept: I like some feelings and don't like other feelings but all feelings are helpful.	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?