

THEME 2: FEELING EMOTIONS ON THE INSIDE (TODDLERS)

Lesson 5: I can notice things when I'm quiet on the inside.

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 paying attention and being like an elephant.
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>)
3. Introduced the bell, listening to the bell, and notice quiet place on inside as we feel our breath.
4. Introduced being on the farm and doing the listening walk (walk around room- quiet on inside with attention to outside/inside).
5. Introduced attention to animals sounds & freeze in place when the bell sounds on <i>Sounds on the Farm</i> .
6. Introduced feeling walk, pay attention to our bodies as we are still and when we walk (e.g., legs, feet).
7. Introduced discussion with kids around feeling our bodies (provided kids with a model & asked for examples).
8. Introduced concept: When we are quiet, we notice things
9. Introduced concept: We can notice sounds and feelings

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 2: FEELING EMOTIONS ON THE INSIDE (TODDLERS)

Lesson 6: Different emotions feel different on the inside

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

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?

