

## **RED RIBBON WEEK LESSON**

<b>SEL Priority Standard</b>	<b>Emotional Fluency</b> - Emotional awareness, regulation, and self efficacy. <ul style="list-style-type: none"> <li>• <b>Self Awareness:</b> I can differentiate between what is going on in the body and the mind, describe personal experience of a range of emotions, and effectively express feelings.</li> <li>• <b>Self Regulation and Efficacy:</b> I can cope with a range of emotions, increase focus and on task behavior, and push through tedious or challenging tasks to achieve goals.</li> <li>• <b>Self Perception:</b> I can recognize how culture, experiences, emotions, thoughts, and values influence self-confidence and behavior and contribute to identity.</li> </ul>
<b>Materials</b>	Counselor - laptop, feelings chart, worksheets <ul style="list-style-type: none"> <li>• <i>Optional - emotion spots</i></li> </ul> Students - coloring utensils
<b>Agenda</b>	(2min) Circle Question <ul style="list-style-type: none"> <li>• Emotion Check-In Chart - What are you feeling today? <ul style="list-style-type: none"> <li>○ Students will put up 1-5 fingers to indicate what they are feeling in relation to feelings chart</li> </ul> </li> </ul> (2min) Topic Introduction: Mindfulness <ul style="list-style-type: none"> <li>• Mindfulness - being aware of what you're feeling and doing in the present moment, without judgment or interpretation</li> </ul> (6min) Video: <ul style="list-style-type: none"> <li>• TK-2: <a href="#">Mindfulness Body Scanner</a></li> <li>• 3-5: <a href="#">Mindfulness Thought Bubbles</a></li> </ul> (2-7min) Discussion: Discuss with a partner/table then class <ul style="list-style-type: none"> <li>• TK-2: How did the video make you feel? What did you notice during the body scan?</li> <li>• 3-5: How does mindfulness connect to the way we feel, see ourselves, interact with others?</li> </ul> (5-8min) Activity: Mindfulness Coloring <ul style="list-style-type: none"> <li>• Take a few deep breaths before you start coloring. Choose the colors that make you feel happy and relaxed. Focus on the coloring, letting your mind rest from any worries.</li> </ul>