

**K-2 SEL Curriculum****SUPPLEMENTAL PRACTICE INSTRUCTIONS**

<b>Lesson 1</b>	<b>Fight or Flight! Introduction to Brain Science</b>
	<p>When you get to school you notice that someone took your favorite chocolate chip cookies out of your lunch bag. You are very upset because you helped bake them the night before.</p> <p>What could you do on the playground before class?</p>
<b>Lesson 2</b>	<b>The Dinosaur Brain</b>
	<p>Today you were looking forward to going over to your friend's house after school, but instead you find out that you can't go.</p> <p>Where could you practice Butterfly breathing? How many Butterfly breaths do you think would help you?</p>
<b>Lesson 3</b>	<b>The Feelings Brain</b>
	<p>As a Brain scientist, share one thing that you learned today with a grown-up that you know. Practice rainbow breathing together.</p> <p>What did you notice before, during or after the rainbow breathing exercise? Share your observations with each other.</p>

<b>Lesson 4</b>	<b>Waking Up the Body</b>
	<p><i>Optional: Provide students a simple emotions chart with illustrations or emojis representing different emotions (happy, mad, sad, glad, worried, etc.).</i></p> <p>Draw a feelings emoji that shows how you feel. Practice the tapping exercise. Draw a second feelings emoji. Compare how the drawings are the same and how they are different.</p> <p>What did you notice before, during or after the tapping exercise?</p>

<b>Lesson 5</b>	<b>My Mouth is Like a Volcano</b>
	<p>As a Brain scientist, think about a time when you were playing and you became really excited about an activity. In this situation, your excitement was so big that your hands grabbed a toy, your mouth made a loud noise or your brain forgot to take turns with the other person. Share with a friend, sibling or grown-up what happened.</p> <p>How do you think volcano breathing might help your body before or after an exciting activity?</p>

<b>Lesson 6</b>	<b>The Worry Train</b>
	<p><i>Optional: Bring the stars back to school. They will be used to create a beautiful mobile, garland, or display on the wall to celebrate our SEL journey!</i></p> <ul style="list-style-type: none"> <li>• Draw three large stars on a piece of paper.</li> <li>• Carefully cut each star out with scissors.</li> <li>• Share the Dragon breathing exercise with three people - a parent, caregiver, sibling, or family member.</li> <li>• After practicing together, ask the person to sign their name on one of the stars.</li> </ul>

<b>Lesson 7</b>	<b>Feeling Better With Mindful Stretching</b>
	<p><i>Optional: Write or draw about your favorite part of doing mindful stretching with your buddy on the back of the sheet.</i></p> <ul style="list-style-type: none"> <li>● Imagine yourself practicing your favorite mindful stretching exercise.</li> <li>● Teach your parent, caregiver, sibling, other family member, or stuffed animal your favorite mindful stretching exercise.</li> <li>● If you'd like, you can use your imagination to imagine that you are a Wise Old Tree in the forest, reaching your branches up to the sunlight and swaying gently in the breeze.</li> <li>● After the exercise, draw a picture of yourself.</li> </ul> <p>What was your experience of the mindful stretching exercise? How did you feel during mindful stretching?</p>

<b>Lesson 8</b>	<b>Go With Your Gut</b>
	<ul style="list-style-type: none"> <li>● Tell your parent, caregiver, sibling, other family member, or stuffed animal about the special technique called heart breathing.</li> <li>● Let them know that this exercise can help you feel calm and relaxed whenever you're feeling anxious about making a decision.</li> <li>● Pick a calm and quiet time and place to teach what you learned at school. It could be after dinner, before bedtime, or during a relaxing afternoon together.</li> <li>● Lead them through the activity.</li> </ul> <p>What was your experience of the heart breathing exercise? What changes did you notice after practicing the heart breathing exercise?</p>

<b>Lesson 9</b>	<b>Focus with Firecracker Breathing</b>
	<ul style="list-style-type: none"> <li>● Practice Firecracker breathing.</li> <li>● Choose an activity you enjoy—reading a book, drawing, or solving a puzzle.</li> <li>● Challenge yourself to stay focused on that activity using your improved concentration skills.</li> <li>● Invite a family member to join you or help you set a timer for 10 minutes.</li> <li>● Think about how you felt during the activity.</li> </ul> <p>What, if anything, did you notice about your focus and concentration? Was there anything that surprised you?</p>

<b>Lesson 10</b>	<b>Don't Push My Buttons!</b>
	<p>All day at school, you had been thinking about eating ice cream after dinner. When you open the freezer, you don't see the ice cream and find out that another family member ate it.</p> <p>In this situation, what changes do you notice in your body and heart? What exercise could you practice that might help you? After you practice that exercise, share one thing that you notice in your body or heart right now.</p>