

LESSON 5: MY FEELINGS CHANGE THROUGHOUT THE DAY, PART 2

Objective: Students will continue to gain an understanding of the flexible state of physical and emotional feelings.

Materials:

- homework worksheet
- visual timer
- written schedule on board (1. Big Body Break exercise; 2. Talk about feelings changing throughout the day; 3. Go over homework worksheet; 4. Independent practice; 5. Group wrap-up)

Connection: We are going to continue to speak about feelings changing throughout the day.

Explicit instruction: We are going to continue to talk about our different feelings and how they can change throughout the day. Even if we may start our day feeling Just Right, our feelings can change to Fast and Emotional. Or, if we are feeling Fast and Emotional, we can often change to feel Just Right when we use strategies such as exercises or Tools in the correct way. It is normal for our moods and feelings to change. We have to be flexible thinkers to use strategies so we don't feel stuck in Slow and Tired, Fast and Emotional, or Fast and Wiggly feelings. We can use strategies to feel Just Right!

Guided practice: Using the worksheet that you completed, put color-coded sticky notes on the big schedule on the board. Let's see how everyone feels differently throughout the day. It looks as if some people feel Slow and Tired at the beginning of the day, and some people feel Slow and Tired toward the end of the day.

Independent practice: Now think about your daily schedule. Use your worksheet and look at the times when you feel Slow and Tired, Fast and Emotional, or Fast

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and Wiggly. Choose an exercise or Tool that you think would be suitable during that time of the day to make you feel Just Right (see the At a Glance Visual Charts in Chapter 5).

Group wrap-up: Bring the group back together and have some of the students share the exercises or Tools that they chose to use during different times of the day. They will see that, throughout the day, they may have noticed that some of their answers differ. Everyone feels differently during different times of the day and requires different exercises or Tools to make them feel Just Right. Each student needs to choose what works *best* for them.