

LESSON PLAN

GR 4-5



Understand That Life is Full of Surprises and Different Feelings

Description

Supplies

- Deck of cards
- Any type of counter or manipulative

Skill Builder



Lesson

1. Ask students to think about a time they lost control of their emotions.
2. Discuss how sometimes when unexpected things pop up, it can cause people to lose control of their emotions. Allow a few students to share a negative surprise that led them to lose control.
3. Explain when we lose control of our emotions, we can often make negative choices or do things that might cause us to get in trouble or hurt other people and things.
4. Ask the group to share some consequences of losing control of their emotions at school.

Examples: detention, losing recess, phone calls home

5. Ask the group to share some consequences of losing control of their emotions at home.

Examples: lose computer/table time, lose television time, can't play with friends, phone taken away

6. Review the [Reset and Relax Skill Builder](#). You've had a surprise happen, your emotions are all mixed up, and you're upset—try some R & R.

Reset -> and determine what is really bothering you

Relax-> your mind and body to try to calm down

7. Have students discuss certain things that might pop up that could cause someone to lose control of their emotions. If possible, have students identify those situations in which they would be triggered.
8. Remind students when they feel about to lose control, they must practice R & R. They can also help their friends by reminding them to use R & R when they appear to lose control.

Activity-High or Low

1. Explain to students you are the dealer and that each player will play against the dealer without knowing their particular card.
2. Have the students sit in a semi-circle and then pass out 5 manipulatives to each person.
3. Deal one card, face down, to each student and instruct them to not look at it or touch it.
4. Flip over your card first and reveal what it is.
5. Students will then make a prediction if their card is either higher or lower than the dealer's card, without knowing their card. If they think it will be higher, they place one manipulative above their card, closer to the dealer, and if they think it will be lower, they place one manipulative below their card, closer to them.
6. Allow each student to reveal their card one at a time. If they were correct in their prediction give them an additional manipulative. If they were incorrect, collect their manipulative.
7. Collect all the cards and deal again. Players are out once they run out of manipulatives. Play until the time is up or only one student remains.
8. Remind students to use R & R throughout the game to react to the many different surprises.

Category

1. Lesson Plans
2. Self-Management

Sel-competency-lessons

1. Self-Management

Grade-level

1. Grades 4-5