

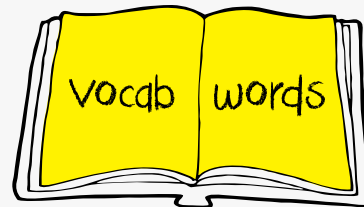
# Calming Down Strong Feelings

## Social Emotional Learning

**Project and Purpose:** Students create and perform commercials about one or more ways to calm down and feel good.

### Essential Question:

How do we remember practices to calm strong feelings?



commercial

practice

- If possible, examples of one or two of your favorite commercials (carefully vet and be sure you have the means to show/play for students)
- Teacher Commercial
- Experts Say... chart/slide
- Elements of a Commercial Outline

**Room Set up:** Enough space for students to work in different spaces around the room; this can be behind tables and desks with chairs pushed in.

PreK-2

## Introduction

1. Ask students about their favorite commercials. Explain that commercials are a way for companies to get you to buy their products or use their services.
2. If possible, show or play one or two commercials and ask students what they notice. If not, talk about the commercials they mention. What happens? What is said? What does the commercial want you to buy or use? Why?
3. Use the **Elements of a Commercial Outline** to point out how commercials have a similar outline or plan:
  - a. Describe a problem
  - b. Tell about a product or a service or a practice that can help
  - c. Give an example of the product/service/practice
  - d. End with a memory maker: these are the words or the song that help you remember what to do to get the product, service or practice
4. Play/review the commercials again and have them point out the steps.
5. Explain that in this session, students will create their own commercials for a practice for calming down, one that explain ways to calm down when feelings get too strong.

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## Direct Instruction (I do)

1. Present an example of a commercial. (Note: use the suggested commercials provided or create your own.)
2. Use the **Elements of a Commercial Outline** to help students understand each part of your commercial.
3. Ask students to discuss what you wanted to “sell” them: how did your commercial show them a way to calm down strong feelings? What words did you use? How did you use your voice? What was your pitch?

## Guided Exploration (We do)

1. Show them the “Experts Say...” chart/slide, read it out loud, discuss examples to illustrate each point, and add student ideas to the chart.
2. Choose one idea and have students use the **Elements of a Commercial Outline** to create a simple commercial to get people to use and remember the practice.
3. Ask if they need any pictures or illustrations to help. If so, discuss and/or create that image.
4. Create a class commercial for the element they choose.

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## Independent Practice (You do)

1. Break into small groups or pairs and have them select one of the elements from the chart and create another commercial.
2. Older students might want to create a jingle or a short song for their commercials.
3. Have groups perform their commercials and ask how they can use the commercial to remember the practice for calming down strong feelings.

## Conclusion/Reflection

**Ask students:** How do we take charge of our feelings and calm ourselves when feelings get too strong? How can we remember to use the strategies from the commercials?

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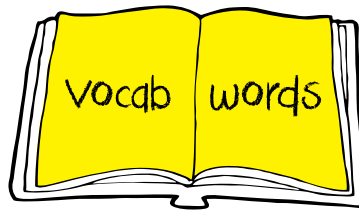
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## Vocabulary Definitions

### commercial (n)

- Definition: an advertisement (print, radio, television, online, etc.) designed to persuade the audience to buy or use a product or service.
- Context: It's hard to enjoy my favorite TV shows when the commercials interrupt the cartoons!

### practice (n)

- Definition: something that is done often and regularly.
- Context: Micah depends on the practice of mindfulness to calm himself after PE class.

## Experts Say, To Calm Strong Feelings...

### **Eat Something Healthy!**

- Fruit: an apple, a pear, some grapes, a slice of watermelon
- Water
- Juice
- Celery and peanut butter
- Crackers and cheese

### **Exercise!**

- Go for a Walk!
- Dance!
- Run!
- Play a game of catch!
- Ride a bike!
- Throw a Frisbee!

### **Think Happy Thoughts!**

- Look out a window at something in nature
- Make a list of the good things in your life
- Picture yourself in your happy place
- Imagine world peace
- Remember a fun moment
- Be thankful for something or someone

### **Listen to Music!**

- Calm music
- Favorite songs
- Classical Music
- Songs by your favorite singers or bands
- Songs about calming down

### **Rest!**

- Snuggle with a stuffed animal
- Take a mindfulness moment
- Sit and do nothing
- Lean against a tree or a wall for a moment
- Find a safe space to close your eyes

### **Do a Hobby!**

- Create art
- Play a game
- Build a model
- Read a book
- Build something with Legos

## Teacher Commercial (Examples)

### Calm Down Practice: Just Dance!

Do you ever get so angry you could scream? Do you ever feel like you need to explode? Don't explode! It's messy! Instead: just dance! (Play dance music and begin to dance for joy.) Dancing helps your body release energy and calms down angry feelings.

So, remember, when you need to calm down – Just Dance!

### Calm Down Practice: Mindfulness Moment

Sometimes when I'm super excited during recess, it's hard for me to calm down and settle back into teaching my class. It's like I'm playing kickball and we won and everyone is cheering and we have to go back inside and do math – that's really hard!

I remember that a mindfulness moment helps me settle down. I stop, close my eyes, take a few slow deep breaths, and just concentrate on my breathing. After a few moments, I'm calm and ready to teach again.

**Remember:** A mindfulness moment helps you calm down. It sure helps me after recess!

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## Commercial Outline

1. **Describe a problem:** What is the strong feeling? What caused it?

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2. **Tell about a practice that can help:** What is the practice that will help?

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3. **Gives an example:** What will you do to show us a way to do the practice?

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4. **Memory Maker:** What will you say to help us remember?

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