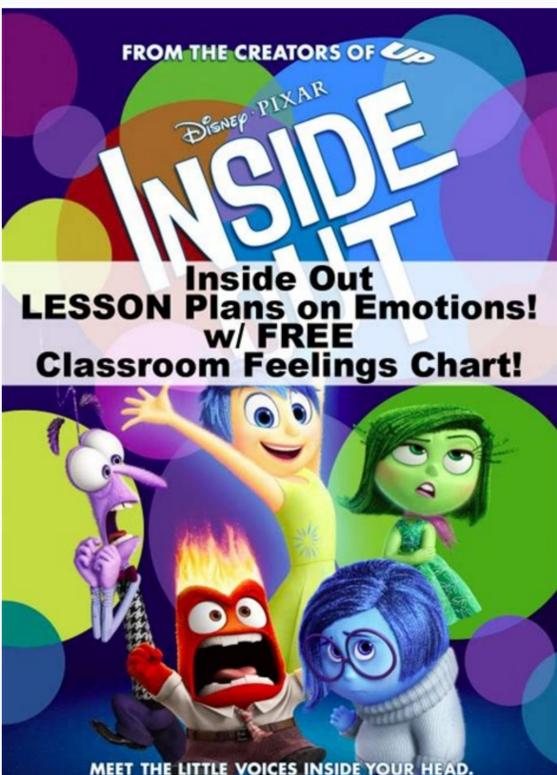
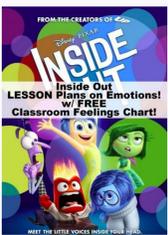


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Match the images with their corresponding words:



- sleepy
- sad
- worried
- hungry
- tired
- happy
- thirsty
- angry
- sick

Tell your teacher if it works for you. Did it help you to feel calmer or did you notice that when sharing positive emotions it made you feel even better? She's not using her brain to develop strategies to more effectively manage her very active emotions paired with her memories of the past. EducationWorld is pleased to feature this K-6 language arts and communication lesson adapted from School Volunteer Handbook: A Simple Guide for K-6 Teachers and Parents, by Yael Calhoun and Elizabeth Q. How could she use her "inner speech"—the language we use inside our heads—to help organize her own thinking and make sense of her emotions? Tools to go. When we talk to each other we don't just share data or facts; we tell people about our experiences including how we feel. That said, the movie could have done more to help children understand that our feelings are just one part of our larger selves, and that feelings, gone unchecked and without understanding, can wreck havoc in our lives. To give students the power to change a feeling state. Purpose: To create a forum in which students can identify and share feelings in a supportive environment. A big part of parenting is trying to figure out how young children feel since they can't tell us yet. Why do I feel this way? Now make a happy face, breathe in again, and make a happy humming or buzzing sound as you breathe out. Does your face match how you felt inside? I made friends before and I will make them again. Education World® Copyright © 2011 Education World If they have little experience with this, think about creating time and space for this experience in your class or group. That said, the movie can be used for developing lessons around social communication and social emotional learning that can help our students. When I feel tired, it helps me feel better to close my eyes and listen to music. This, in turn, helps students develop further self-awareness. Encourage them to also think about other animals: does a fish have feelings? Babies have feelings that parents have to try to figure out because babies don't talk. Self-talk can help build awareness and connection with one's own feelings: "Wow, I feel sad. That's right, you do! So here is a challenge. To empathize means we can relate to how another person is feeling. I find that a feeling word pops into my head when I close my eyes and put my hand over my heart. If the students have experience with pets (cats, dogs, etc.), have them talk about the feelings they think their pets exhibit. Finlanson (Lila Press, 2011). Lesson Idea 4: Explore how we use our inner speech Riley is pretty quiet throughout the movie as the real action is going on inside her brain. Remember to respond in a way that is kind to yourself and others. While the core idea of turning feelings into characters is creative and engaging, the reality is that the message the movie conveys is that Riley's emotions paired with her memories are taking her on their own journey. You can even share your feeling with your stuffed animal or pet. It's always helpful when we can remind ourselves of solutions or strategies. Learning to use our "self-talk" is a valuable strategy that can help us throughout our lives. Riley could have coached herself by saying something like, "I know this feeling of sadness will pass. Part 2: Responsible Actions (10 minutes) Note: This following activity shows students that they have the power to choose their responses to a feeling. It may help you to hold out your fingers as you decide. c. 5. Make sure to stress the idea that they can make choices. The Activity: Part 1: Feeling Guy (20 minutes) 1. Elizabeth Q. Ask them to develop a new list of responsible actions using the Responsible Action Sheet. When I feel lonely, it helps me feel better to go play with my hamster. Even as mature adults we can't always make sense of our feelings. A lot of people feel better after sharing their feelings. That's a lot of feelings we can have. Currently, she is a cofounder and the Executive Director of GreenTREE Yoga, a nonprofit committed to bringing the benefits of yoga to diverse populations. What's going on? Fundamentally, Riley demonstrates many lagging skills in social communication and problem solving. Thumbs Up/Thumbs Down (TU/TD) Now let's help each other. Name your feeling. Keep buzzing using all your breath. Boundary Note: If someone offers an inappropriate behavior as an example ("I kick my dog when I am angry"), simply do "Thumbs Up/Thumbs down." Seeing the group response is sufficient to let both that person and the class know that such behavior is not acceptable. Feelings are complicated and we can have many feelings at once. On your Feeling Guy's left hand, write the number 1, 2, 3, 4, or 5 to show how much you felt this way. How can we determine what a baby may be feeling? Is there a feeling you see that you felt yesterday or today? Next time you are upset, feeling nervous, or can't get to sleep, take your hand and put it on your heart or your tummy. Let's look at the list of feeling words. 3. Does a reptile have feelings? For example, if you felt a little sad, write the number 1. The lesson plan, shared with the permission of the authors, is a great example of a short activity with simple instructions that appeals to a diverse group of parent interests and teacher needs. a. We feel things sometimes that we can't describe, even to ourselves. Now draw a face on the Feeling Guy to match how you felt inside. Example of a child's Brain Board Inside Out was a creative way to give attention to the feelings inside us all. Although the movie's target market is young elementary school-age children, most of the five lesson ideas that follow are best explored with upper elementary, middle and high school students. When I get angry, it helps me feel better if I yell at my brother. To Extend the Lesson: Using the Feeling Guy Sheet, invite students to act out their feelings and responsible actions. Riley's brain is a featured "character" in the movie, however Riley herself has minimal participation in the film. When I feel mad, it helps if I pick on someone. By creating Brain Boards, students discover the many "thinking channels" we all have in our brains. The focus of Social Thinking is to build awareness of the many parts of our social selves and how our thoughts, feelings, words, and actions affect others and ourselves. We now know from the research that many living things have feelings, even plants! Several ideas follow to help your students explore their feelings by learning to label them and by recognizing the feelings of others. It's taken a long time for researchers to prove that even animals have feelings because animals don't talk, so they can't tell us about their feelings. Tomorrow at school I'm going to try and talk to two kids I don't know. Work with your students on how we use our inner speech to help coach ourselves. Remember, it is your responsibility to report abuse and to be an advocate for a child disclosing harmful actions. When we can share our emotions about a specific event with other people we help them understand who we are, how we feel and care about things, and how we respond to the world around us. After it is completed, provide students the opportunity to share one thing they have written. It's expected that preschool and school-age children and adults learn to talk about their feelings. We can also coach ourselves through our feelings and situations using our inner speech. 2. A part of growing up is learning how to "Be the Boss of Your Feelings." Emphasize that it is normal to experience many feelings, and remind students they can develop tools to help them express and manage their difficult feelings. Riley's parents try to be upbeat, but Riley feels differently. With each full breath, that's one breath in and one breath out, press one finger, and then the next, against your tummy. When could she say it? How could she say it? Why would it help her to say it? Rank your feeling. Time: 30 to 40 minutes This exercise can offer students the tools and a forum in which to: Identify and name feelings; Strengthen their vocabularies for expressing feelings; Calibrate their feelings; Feel empowered to manage their feelings; and Change their feeling states. Was it easy or hard? Some of the many ways we use our inner speech include: to help us better understand how we are feeling to reflect on memories to figure out what is happening around us to work through what to do next For example: in one scene Riley is remembering her friends in her old town. You may like to close your eyes as we count five breaths. When I feel jealous, it helps me feel better to put someone else down. Let's play TU/TD: Read the following and play the TU/TD game. Lesson Idea 1: Identifying feelings We all have feelings – those sensations that happen on the inside. Think of someone you might want to share your feeling with. The activity is an ideal one for implementation by classroom volunteers. Take responsible action for your feelings. Using the core idea that you can be your own "Brain Boss" as a springboard, the Brain Board offers students an opportunity to better understand their own thinking and behavior using more of a "whole mind" approach. Do you feel better? This becomes an important strategy to build stronger social communication skills. Engage your students in a conversation about how it felt to share their feelings with others. She could have said to herself, "You're going back to visit them in two months, it will be fun to see them again!" We can use our self-talk to calm our feelings, give us courage, or help us figure out what to say or not say in a situation. It can be calming to know that other people have felt the same way or gone through things similar to what we're experiencing. Offer the following challenges: The Smile Challenge: Suggest that next time students are feeling sad or grumpy, they smile at someone or try to make someone laugh. Share the feeling. Like the other emotions, sadness is a valued member of the team. If it is the saddest you have ever felt, write the number 5. Inspired by the movie and Riley's inability to self-regulate her responses to her emotions, Nancy created Brain Boards (see below) to use with her students. This can make us feel less alone when we have unpleasant feelings of our own. When I feel sad, it helps me feel better if I bounce a ball. Lesson Idea 3: Explore the benefits of talking about feelings and trying to understand how others have felt in similar situations. Maybe you can all do it as a class if you need to take a break, to turn the day around, or to get ready for a test." The "Bee Breath": If you start to feel angry or upset, sit quietly with your hands in your lap. Then take a deep breath in and as you breathe out, hum or buzz that angry bee out. Draw your feeling face. Write the following list of feeling words on the board. Play TU/TD, if appropriate. While I personally did not love this movie (too much chaos in the brain and too little self-awareness and self-control on the part of the 11 year old protagonist, Riley), I did see it as a vehicle for teaching. Tell them to notice how making someone laugh or smile makes them feel and to let you know. The movie encouraged children and adults to talk about the emotions they experience. What clues can we look for that show different emotions, such as smiling or laughing if the baby is happy, or crying if the baby is upset. Keep buzzing until you feel that the angry bee is gone. Make copies of both sheets for students. As adults and teachers, we guide children to build an emotional vocabulary to help them make sense of their own feelings and the feelings of others by: Recognizing what feelings look like "on the outside" and assigning a word to describe them Encouraging children to think about their feelings through using their own inner speech. When you have identified your feeling, write it in the heart of your Feeling Guy (pass out Feeling Guy Sheet). She teaches character education and physical education and is an active school volunteer. We can teach our children to better understand why they are feeling negatively and to be secure knowing that it's okay to feel less than happy. Materials: Feeling Guy SheetResponsible Action Sheet (I Am the Boss of My Feelings) Preparation: Copies. Explain that you are not going to collect it, but that everyone will fill it out. List. What could Riley say to her parents to let them know what she is experiencing? Lesson Idea 2: Initiating communication to share our ideas with others Riley is dealing with change: her family has to move to a new town and she is feeling a lot of sadness about what she is leaving behind. Learning how other people feel makes each of us know it's okay to not feel good all the time! One of the positive things in the Inside Out movie was the importance it placed on sadness and the idea that we should not try to avoid being sad. Having a safe place to share and talk about feelings can be beneficial for all your students. 4. Lesson Idea 5: Create a Brain Board! My colleague, Nancy Clements, runs the Social Thinking® Boston clinic and is a member of our Social Thinking Training and Speakers Collaborative. If a student doesn't have experience with a pet, you can use YouTube clips about cats and dogs – cute things they do, etc. Some people call "inner speech" an "inner coach." There are many lessons offered through cognitive behavioral therapy to help students learn more about using their inner speech. The Disney Pixar movie, Inside Out, has inspired many to think about the idea that what goes on inside our brains is as fascinating as what goes on around us on a daily basis. Post the students' Feeling Guy sheets on a bulletin board. Sometimes it takes practice to figure out how you feel. Write or draw your idea. See if that works for you. b. By talking about our emotions we build empathy in ourselves and others. Is there anything I can do to help me feel less sad?" Using their words to explain their emotions to others. The Brain Board offers a systematic way to build emotional vocabulary based on reflections and memories and encourages active problem solving. It's important for children to know that other people have also felt really sad, really afraid, really confused, etc. When I feel bored, it helps me feel better when I hold my favorite stuffed animal. Write down the name of the person in the Feeling Guy's right hand. Your Turn Pass out the Responsible Action Sheet. At no point does Riley use any other part of her brain to work through her experience of having to move and live in a new town. © 2021 Think Social Publishing, Inc. Have students share experiences that show animals have feelings. See other School Volunteer Handbook activities:A Lesson in Character: Connect With YourselfLesson to Celebrate Diversity: The Unity NecklaceJust Add Water: Science Experiments With H2O The book (including two CDs, one of all the handouts and one of the GreenTREE Yoga 5-minute classroom yoga breaks) contains more than 50 activities and lessons, retails for \$25 (with free shipping) and is available on Amazon About the authors Yael Calhoun, MA, MS, RYT, is an author and educator who has taught preschool through college. It also gives them the opportunity to calibrate, within this safe social setting, if their behavior is acceptable or not. Did you know that you can choose how to respond to feelings? Finlanson, LCSW, is a Licensed Clinical Social Worker and has worked as a school therapist, volunteer coordinator, and as a private practitioner specializing in children and families. Let's do this five times with long, slow, easy breaths." After the five breaths, say, "Open your eyes. The Breathing Challenge: Who controls how you breathe? It is lovely to feel joy, but no one feels joyful all the time! Let's be honest about that with them. Close your eyes and make an angry face. She also has worked as an environmental planner and has written over a dozen books. Help them notice the many ways we communicate our emotions and times when we keep our feelings to ourselves.

Mr. Morauda is a Grade 1 Teacher who plans reading instruction ... After Ms. Rivas planned her lesson in English, she found out that the materials at hand do not match her objectives. Which is the best thing that she can do? (PNU-REVIEWER) Modify the available materials. Prof. Balagtas used worksheets, manipulatives, and models in teaching math ... "Oh you MUST listen to this one. @PlanetTyrus is out with his new book, Just Tyrus. Can't recommend it enough!" - Dana Perino via Twitter Pro wrestler and political commentator Tyrus goes deep into his wild but triumphant life story, from his painfully dysfunctional upbringing to bodyguarding for Snoop Dogg, to becoming a wrestling icon and one of the most provocative ... Teacher's Edition. Enter the email address you signed up with and we'll email you a reset link. 15.09.2021 - The Occupational Outlook Handbook is the government's premier source of career guidance featuring hundreds of occupations—such as carpenters, teachers, and veterinarians. Revised annually, the latest version contains employment projections for the 2020-30 decade.

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