**Secondary Guidance Lesson**

*Learning how to “Get to Green”*

**Objective:** *To help students learn about identifying triggers, how to self regulate and maintain staying in that “green zone” so they can be productive and attentive in class.*

**Video**: <https://youtu.be/AC9u_tdMtsc>

**Activity:**

* *Show video: 2 minutes*
* *Group Discussion questions*
  + *How do you know when you feel upset or out of control? What is happening in your body? In your mind? How might you act to others?*
  + *How do you know when you feel disconnected, sad or bored? What is happening in your body? In your mind? How might you act to others?*
  + *How do you feel when you are focused, attentive, connected, in control or engaged? How would other people see that from you?*
  + *When you think about all of these feelings? Where do you learn best? Where do you remember what you worked on or read for the next time the class meets? Where do you remember what you learned for a test?*

**Follow-up/Closing:** *Group Discussion: Knowing your triggers are important but knowing good coping skills is just as important.*

*What are some unhealthy coping skills? (ex: Using drugs or alcohol, violence towards others, blame, avoidance, revenge, pretending not to care, shutting down, reckless behavior, threatening others, hurting yourself, passive aggressive behavior)*

*What are some healthy coping skills? (ex: taking a walk, breathing exercises, talk to a friend, play a sport or game, listen to music, drawing, painting, reading, talk to an adult, resolve the problem, spend time outside, share your feelings, exercise)*

*Last week we talked about setting a goal for yourself this year in regards to the SEL skills. What is a coping strategy that you would like to work on? What works for one person doesn’t work for everyone, so you have to pick something that will work for you. Set an intention this week so that the next time you find yourself in that red or blue zone, you can practice your coping skill to help you get back to the green zone.*