**Self-Regulation/SEL**

**Settle Your Glitter for Kinder**

**Purpose:** To educate students on things inside and outside of their control, and to teach self-regulation (SEL), managing emotions, problem solving, and coping skills in unfavorable circumstances.

**Materials:** *This is part two of the SEL lessons; Flip Your Lid comes first*

Glitter Jar

My Magic Breath by Alison Taylor and Nick Ortner

Feelings Poster <https://resources.finalsite.net/files/v1617985556/mesquiteisdorg/m7j9nawjtrmcymo6atb6/ResourceFeelingsPoster-Eng-Span.pptx>

OR Feelings Picture Wall <https://www.teacherspayteachers.com/Product/Emotions-and-Feelings-Vocabulary-Word-Wall-Cards-plus-Write-and-Wipe-Version-3657974>

Belly Breathe with Elmo video <https://www.youtube.com/watch?v=_mZbzDOpylA>

OR Elementary #OneYou video <https://www.youtube.com/watch?v=lPIMPLYrKqQ>

**Additional Resources:**

Glitter ball sheet (extension)

OR [Mindful Breathing Lesson & Activities](https://www.teacherspayteachers.com/Product/Mindful-Breathing-My-Magic-Breath-PreK-2-No-Prep-Lesson-Activities-5595963)

(<https://www.teacherspayteachers.com/Product/Mindful-Breathing-My-Magic-Breath-PreK-2-No-Prep-Lesson-Activities-5595963> )

OR Stop Think Settle Your Glitter: <https://resources.finalsite.net/files/v1617993729/mesquiteisdorg/yrzlkxrqqmcdqiqefybr/Resource-Stop-Think-SettleYourGlitter.docx>

Brain Song: <https://docs.google.com/presentation/d/1xhXc5aoUpg_LWz-SZ3-xppr5x7fC_vhOlBwlWthQ_iY/copy>

Extension activities and parent handouts available for download from: <https://www.mesquiteisd.org/resources-services/counseling-services/guidanceprogram/counseling-program/social-emotional-learning>

Slides with Visuals: <https://docs.google.com/presentation/d/1RA-hVhUPY0vcAvLw4oQqNgv0kNjZkEH_uHcpHBTHsfw/copy>

**Time:**

Approximately 15 minutes

**Focus:**

Remind students of the brain hand and “flipping your lid”. Review the parts of the brain (feeling, thinking brain). You can use the “dog in the doghouse” analogy (when my dog gets mad he might run/fight/freeze, and then I have to calm my dog down, so he feels safe inside his doghouse again).

**Lesson:**

Show students a glitter jar with different size glitter. Shake it up and ask them what they see. This is what our brain is like when we are sad, mad, scared. It’s hard to see through all the glitter, and it’s hard for us to think and make good choices. Point out the different size glitter. Those are like the different sizes of our emotions. Notice some glitter settles faster than others. We have to work harder to calm ourselves down with big emotions.

Read My Magic Breath. As you are reading, practice deep breathing with the students. Review mindful breathing using the resource linked above or have students imagine they have a flower and a candle in their hands. Practice mindful breathing and say “smell the flower’ and “blow out the candle”.

Show Elementary One You Video. Talk about ways to calm yourself down (belly breathe, find a quiet place, talk to someone, draw a picture, read a book, etc.).

**OR**

Show the Elmo “Belly Breathe” video.

**Closure:**

Have them practice taking their brain’s temperature by showing the hand signal. When you flip their lid, settle your glitter. If time, teach the Brain Song.

**Extension (linked at the top):**

Students can complete the glitter ball sheet or the Mindful Breathing page from [this](https://www.teacherspayteachers.com/Product/Mindful-Breathing-My-Magic-Breath-PreK-2-No-Prep-Lesson-Activities-5595963) resource.

OR Show students the Feelings Poster or the Feelings Picture Wall that you are going to leave for them in the classroom. Explain to them that this is something their teacher is going to use to continue to talk about some of the feelings we talk about today. The teacher may want to hang it up and refer to it daily as a poster or you can cut it apart and have the teacher add one feeling at a time as they discuss until they are all up. The teacher can reinforce belly breathing and the glitter jar as they discuss each feeling with the class.

OR Review and give the teacher a copy of the “Stop, Think, Settle Your Glitter” paper to hang in their room.