



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# Clovis Keeps His Cool

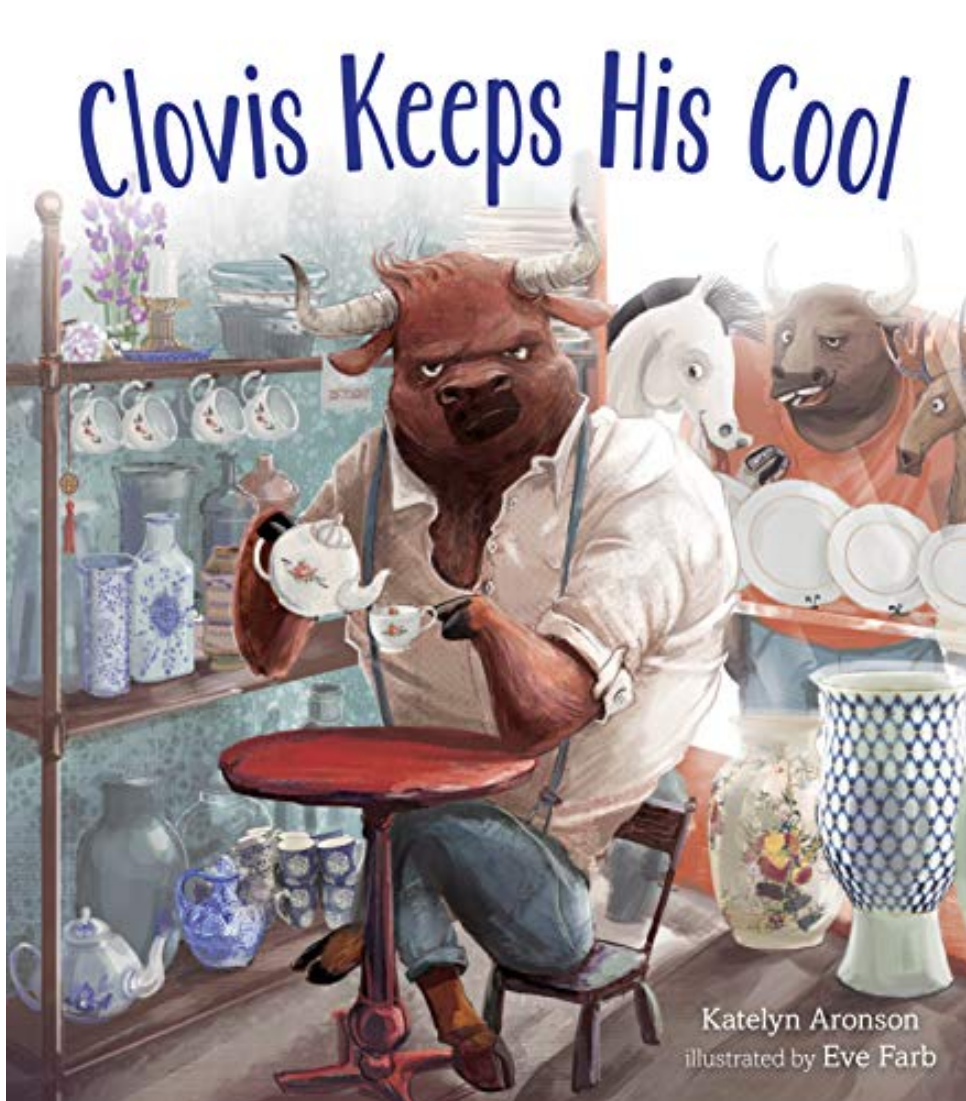
ABC CHAMPION YEAR LESSON 4  
PROJECT CORNERSTONE

**PROJECT  
CORNERSTONE**

A YMCA of Silicon Valley Initiative

**ABC:**

**Champion Year**



## **Key Phrases:**

- **Keep Your Cool**
- **Reconsider, resolve, and offer second chances**

# Empathy: Connect with Empathy

**Empathy is...**

**seeing with the eyes of another,  
listening with the ears of another,  
and feeling with the heart of another.**

## **Focus on These Empathy Skills:**

- **Notice and name feelings**
- **Reconsider, resolve conflict, and offer second chances**
- **Respond to the emotions of others with empathy**

# Information for ABC Readers

# Background Information: Key Points

- Reconsider before responding**
- Stop and think**
- Show empathy**
- Give second chances**



# Conversation Starter

# Conversation Starter: Grades K-6

## A Day with **Red** Balloon



**Blow up **red** balloon slowly as you tell the story of a bad day.**

**What happens if you meet someone who feels like this **red** balloon?**

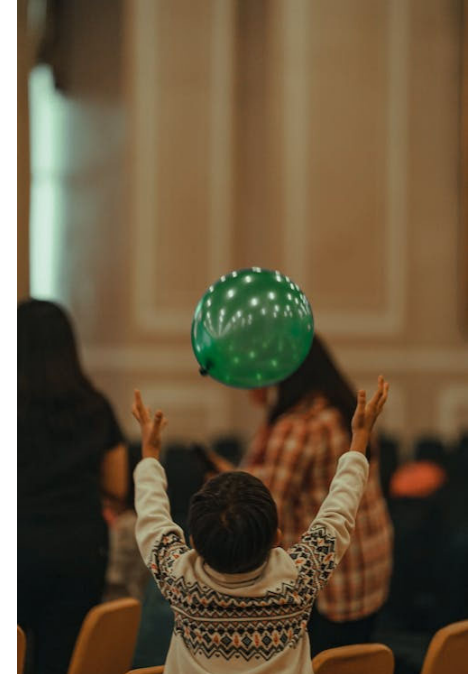
# Conversation Starter: Grades K-6

## A Day with **Green** Balloon

Blow up the **green** balloon slowly as you retell the story.

How does **green** balloon keep cool?

1. Takes 5 breaths
2. Do belly breathing
3. Smell the flower
4. Takes 5...
5. Finger trace and count





# Conversation Starter: Grades 3-6

## What Other Emotions are Hidden Under Anger?



# Anger Iceberg

Icebergs are large pieces of ice found floating in the open ocean. What you can see from the surface can be misleading. Most of the iceberg is hidden below the water.

This is how anger works. Often when we are angry, there are other emotions hidden under the surface.



embarrassed    scared    grief  
shame    tricked    overwhelmed  
frustrated    depressed    disgusted  
distrustful    grumpy    stressed  
attacked    rejected    helpless  
guilt    trapped    nervous    anxious  
trauma    annoyed    exhausted  
disrespected    unsure    envious  
disappointed    lonely    offended  
uncomfortable    worried    insecure  
regret    hurt

# Reading The Book

# Introducing and Reading the Book

1. Talk it out with yourself.
2. Is your *bucket low or full*?
3. Try to apply a growth mindset.
4. Consider other reasons for behaviors.
5. Make active efforts to improve your own mood.

# Discussing The Book

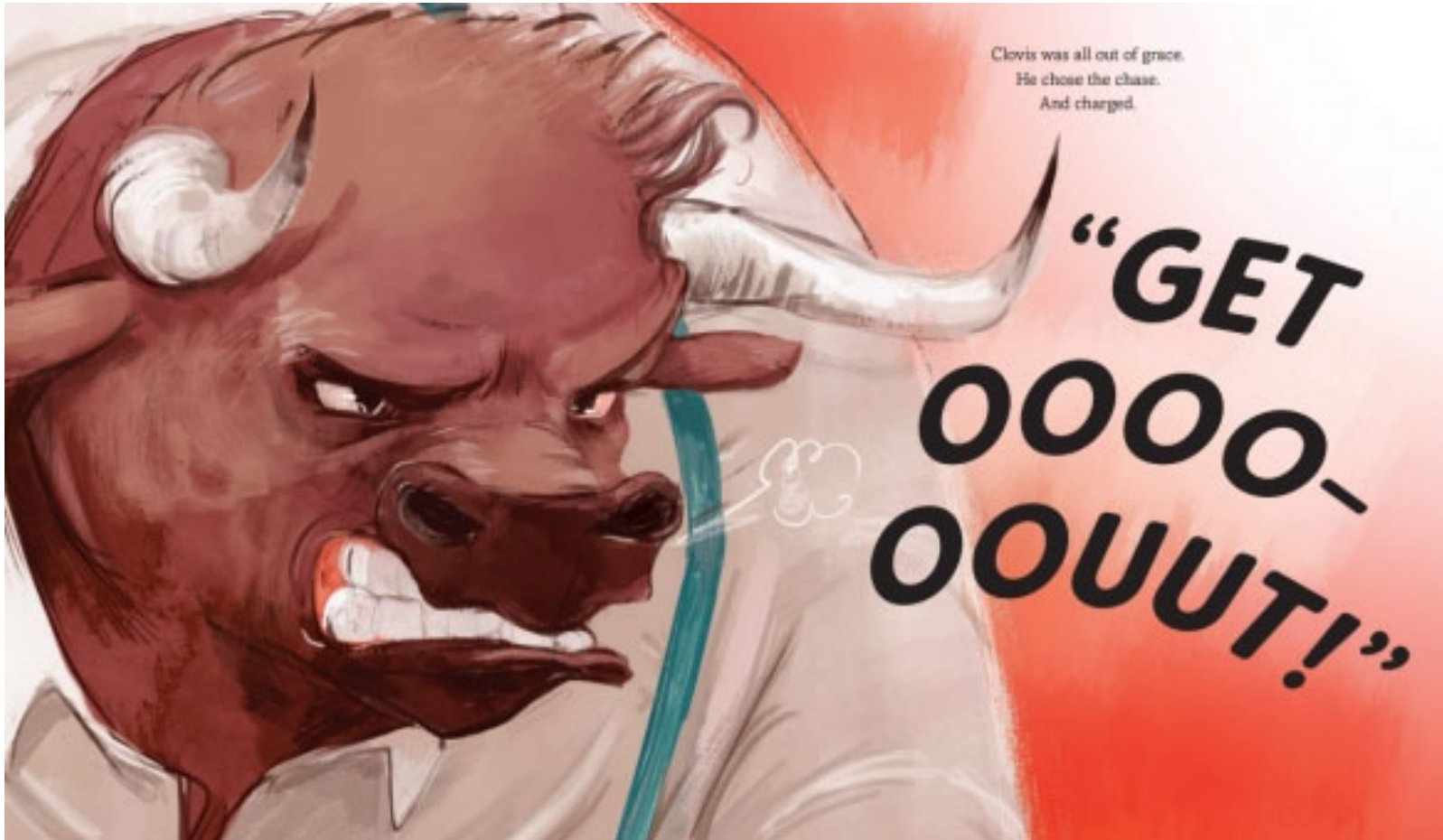
# Discussion:

# Grades K-2



# Discussion:

# Grades 3-6



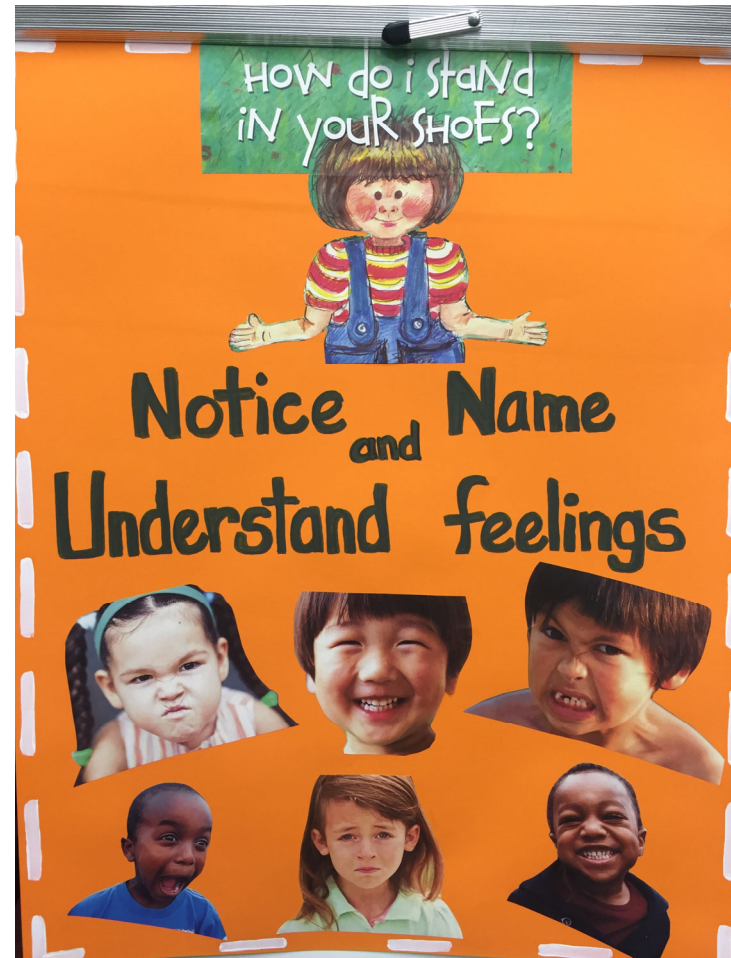
# Activity Ideas



# Activity Ideas: Grades K-6

## Mindfully Moving Through Feelings

Emotions are messengers that give us feedback on something we need.



# Activity Idea: Grades K-6 Second Chance Jar or Bag

Decorate a bag or jar with ways to keep cool.



## Add Second Chance phrases:

- Accept an Apology
- Listen and Understand
- Forgive Hurtful Words

# Activity Ideas: Grades K-2

## Calming Counting Bag



- **Stop**
- **Think**
- **Reconsider as you count**
- **Check in with your body**
- **Feel calmer**

# Activity Ideas: Grades 3-6

## Reconsidering Role Play



### Tools to regulate emotions:

Recognize anger triggers

Stop and take 5

Say, "I need a minute..."

Wave anger away

Use visualization

Walk away

Take deep breaths

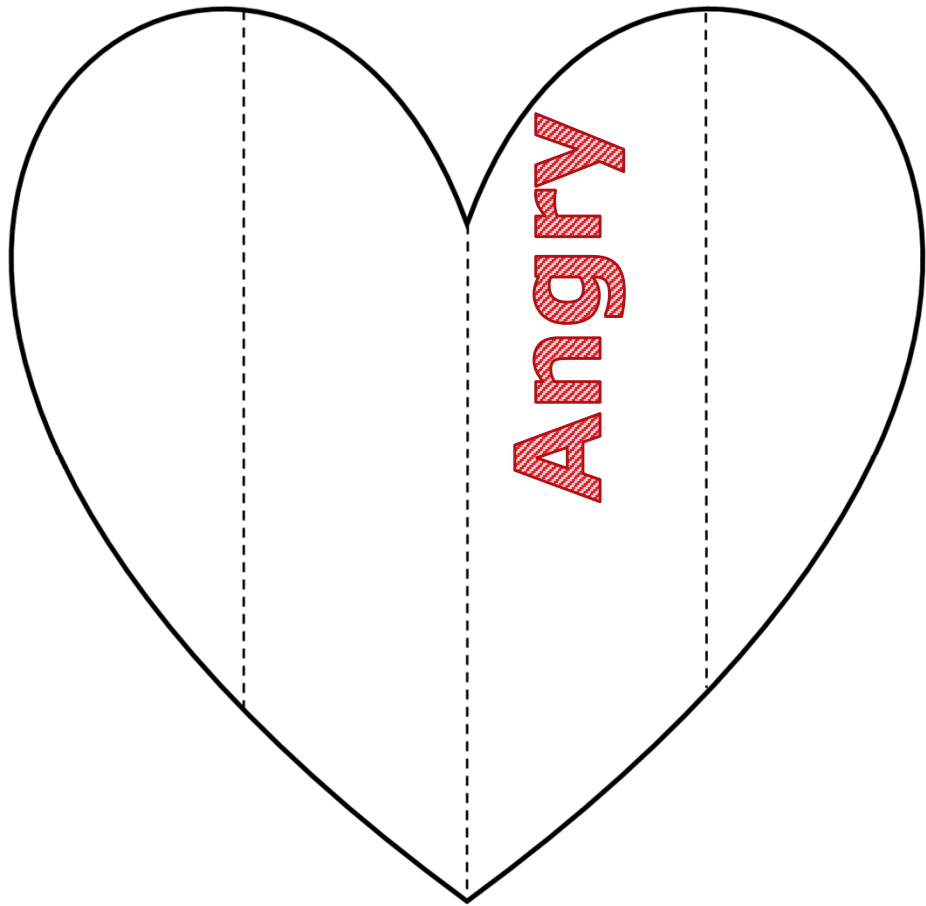
Count down... *SLOWLY*

Get active!

Talk it out with olive branch phrases

# Activity Ideas: Grades K-6

## Heart Full of Feelings



# Closing

# Closing:



## Reconsider

- Stop and Think
- Choose a Tool
- Show Empathy
- Make a Genuine Apology
- Give a Second Chance

Call to Action: How will you reconsider and give second chances?

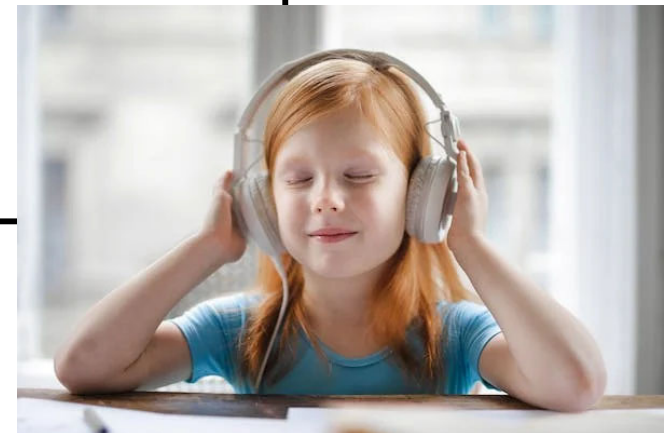
# School Wide Extensions



# School Wide Extensions: Student Council Management Areas

## Cool Down Spots Peace Stations Conflict Managers

These spaces help students develop essential self-regulation skills and normalize managing emotions in a healthy way.



# School Wide Extensions

## Plant a Social Emotional Garden

Plant herbs and lavender.



Make sachets or bath scents.



# Home and School Communication

**Newsletter Blurb**

**Student Stickers**

**Parent Letter or Email Blurb**

**Family Movie Night**



Keep your cool

# Closing Comments



- Reconnect with Volunteers
- Plan out Campaign
- Connect with staff