

LESSON

What's the Prob, Bob?

CONCEPT OVERVIEW

Once we get to a certain age, we can no longer get away with having big reactions to small, glitch problems. **Coping strategies**, such as counting to ten, taking a break, or doing an activity that makes us feel better can sometimes help us manage our emotions. In times when those coping skills don't work or are not available choices, try these four strategies to help you on your journey:

1. Take care of yourself by eating healthy and getting enough of sleep.
2. Take slow, deep breaths and think about your "happy place."
3. Listen to your "inner coach."
4. Identify your list of "go-to" people.

Remember to take slow, deep breaths in order to encourage your brain to chill out and relax while you work to solve the problem.

LESSON ACTIVITY

Using the worksheet that follows, take some time now to think about these four strategies and how they can help you manage your emotions.

OPTIONAL DAILY CLASSROOM ACTIVITY

Try this routine for any age. Label tin cans, mason jars, or cups with a basic "feelings" word on each cup, such as *happy, sad, mad, scared, worried/anxious, excited, hungry, lonely*, etc. and place them in a designated spot in your classroom. As you're greeting each student trickling in, encourage them to **grab their Popsicle stick with their name on it and place it in the jar that matches their mood**. At the end of the class, if their feelings have changed, they can move their stick accordingly. This practice not only helps students **build self-awareness**, it also affords them an option to **communicate how they're feeling** without having to use words.

TEACHER LINGO



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STRATEGY 1: TAKE CARE OF YOURSELF

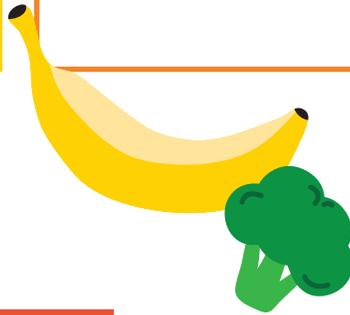
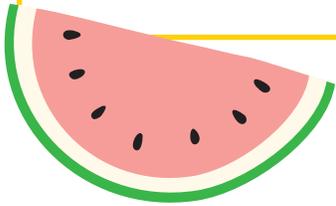
List 3 foods/drinks that make you feel healthy.

- 1.
- 2.
- 3.

List 3 foods/drinks that make you feel tired or give you a stomachache.

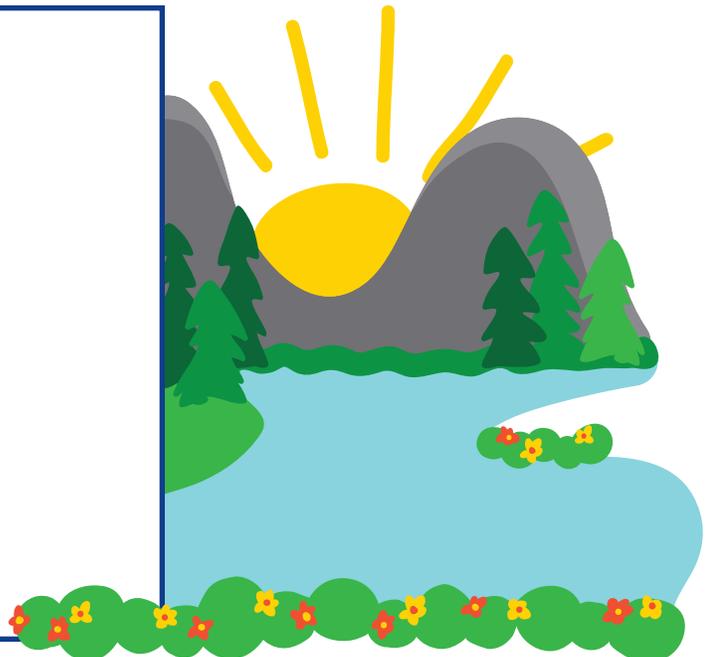
- 1.
- 2.
- 3.

What time do you think you should go to bed at night to get 8–10 hours of sleep?



STRATEGY 2: HAPPY PLACE

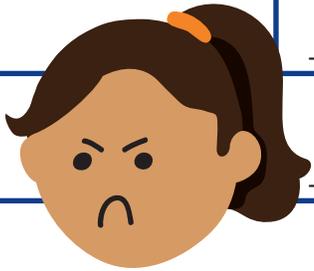
Brainstorm a couple of your happy places and draw a sketch of one of them in the space below.

A large, empty rectangular box with a blue border, intended for a student to draw a sketch of a happy place.

STRATEGY 3: INNER COACH

Think of possible thoughts your inner coach could tell you when your inner critic sneaks in and says the statements below.

When my inner critic says . . .	My inner coach could say . . .
"I can't do math."	I'm going to train my brain in math.
"I'm not good at this."	_____
"I can't make this any better."	_____
"This is too hard."	_____
"I give up."	_____
"I'm stupid."	_____



STRATEGY 4: GO-TO PEOPLE

List at least one person (including an adult) you trust and feel comfortable going to for help at home and at school.

Go-to people at home.

- 1.
- 2.
- 3.

Go-to people at school.

- 1.
- 2.
- 3.

