

KINDERGARTEN LESSON SLIDES - UNIT 2

In this slide deck, you will find slides for 4 lessons from Unit 2 of the Kindergarten Curriculum.

- [Lesson 2.1 - The Roots of the BrainTree](#)
- [Lesson 2.4 - Celebrating Relationship Repair: See the Hurt](#)
- [Lesson 2.5 - Practicing Regulation](#)
- [Lesson 2.6 - Celebrating Specific Affirmations](#)





SOURCES
OF STRENGTH

LESSON 2.1

THE ROOTS OF THE BRAINTREE

Lesson Spotlight:
I can listen to my brain and body.



OUR BRAINS AND BODIES ARE CONNECTED

- Our brain gives us information to help us know how our bodies are doing.
- It also tells us when our body is hurt.



OUR BRAINS AND BODIES ARE CONNECTED

When our brain tells us how we are doing, we can make choices to give our body what it needs:

- A Band-Aid for a skinned knee
- Food for a hungry tummy



SOURCES SAYS

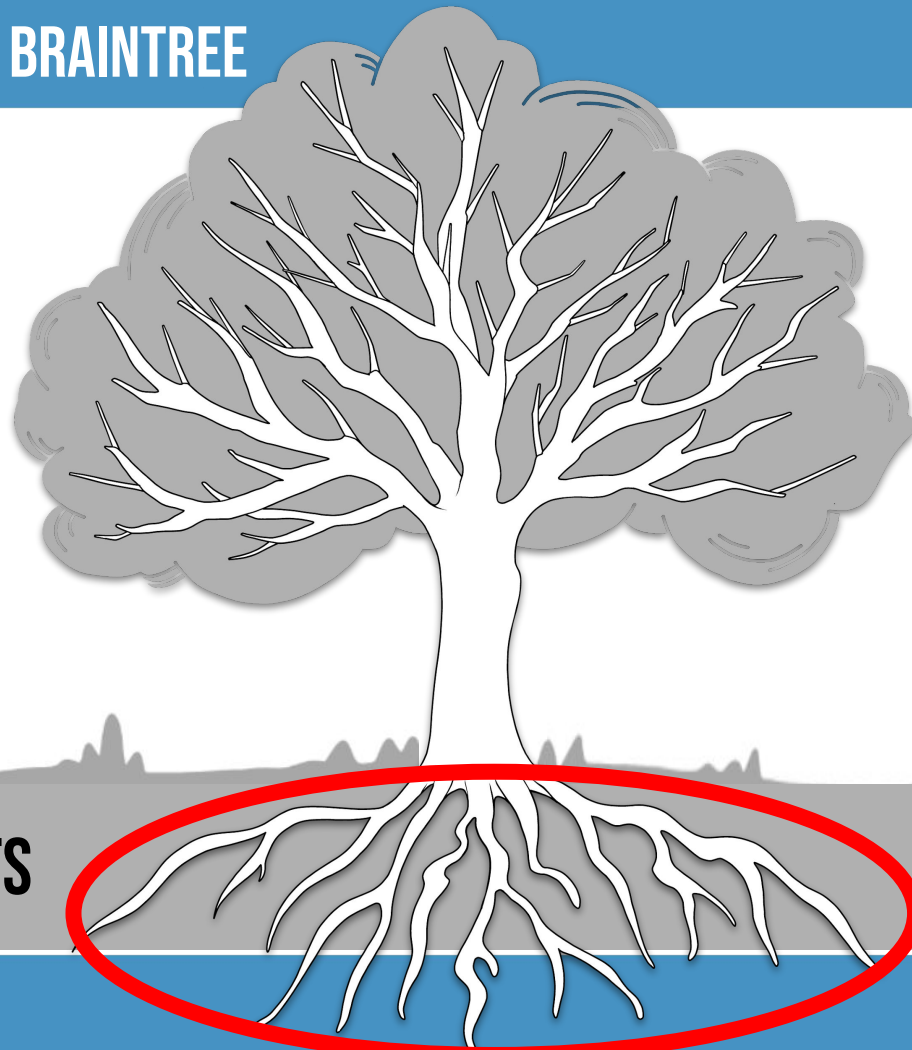


GAME TIME! - SOURCES SAYS

- If I say “Sources Says” you do what I say,
- If I don’t say “Sources Says” you **don’t** do what I say.
- Listen for what “Sources Says.”



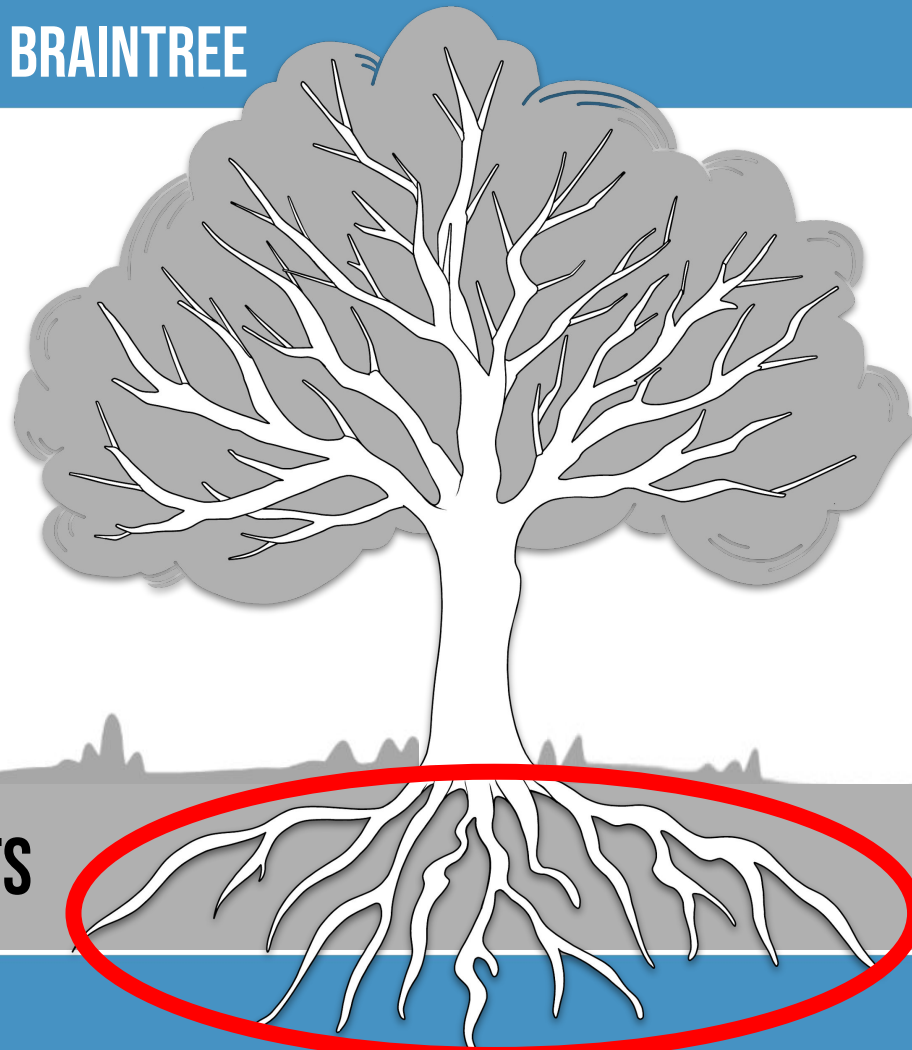
INTRODUCTION TO THE BRAINTREE



ROOTS



INTRODUCTION TO THE BRAINTREE



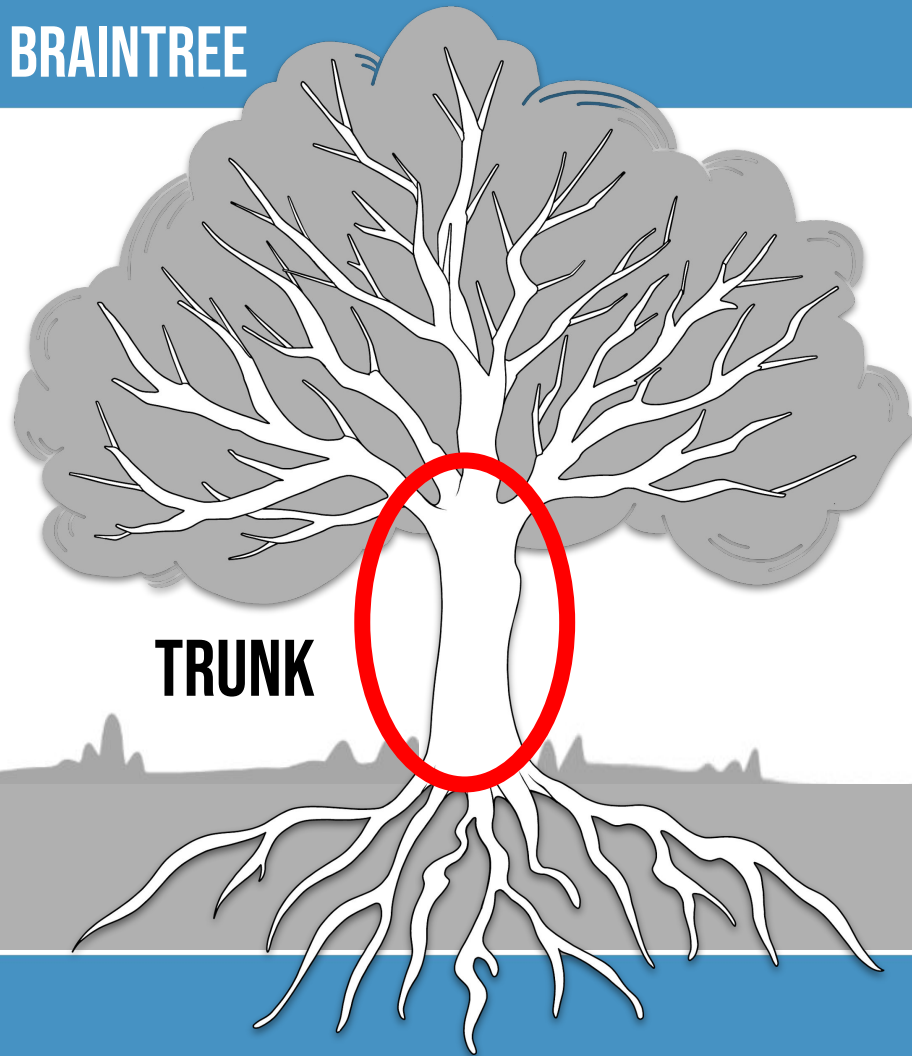
ROOTS



Hunger, thirst,
bathroom needs



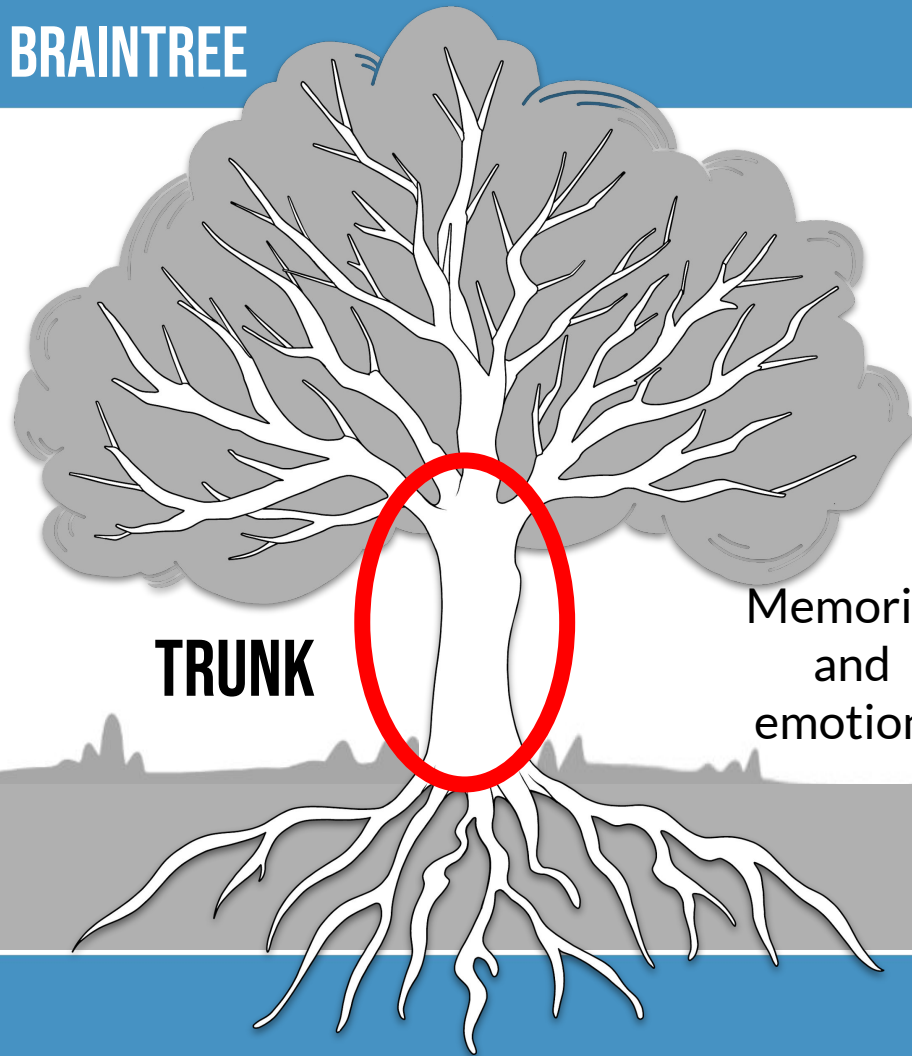
INTRODUCTION TO THE BRAINTREE



TRUNK



INTRODUCTION TO THE BRAINTREE



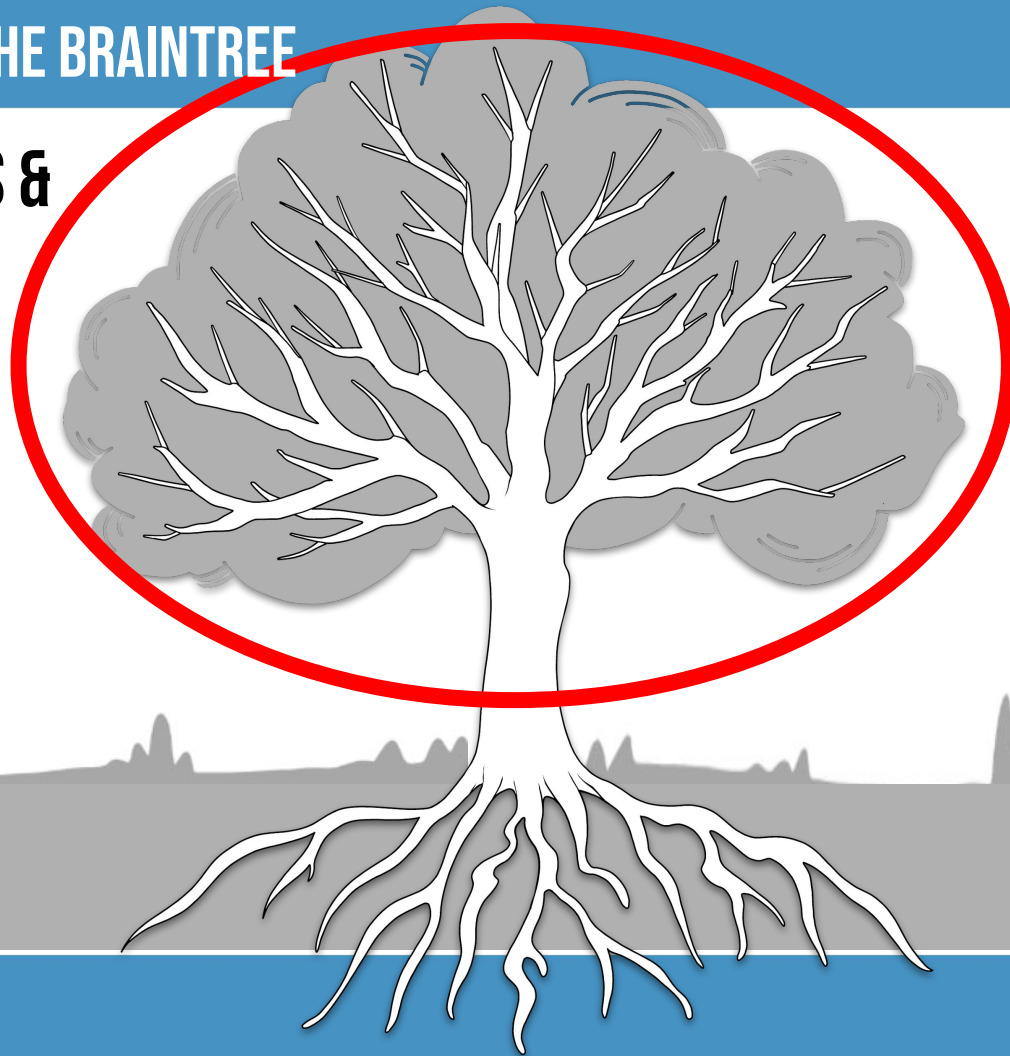
TRUNK

Memories
and
emotions



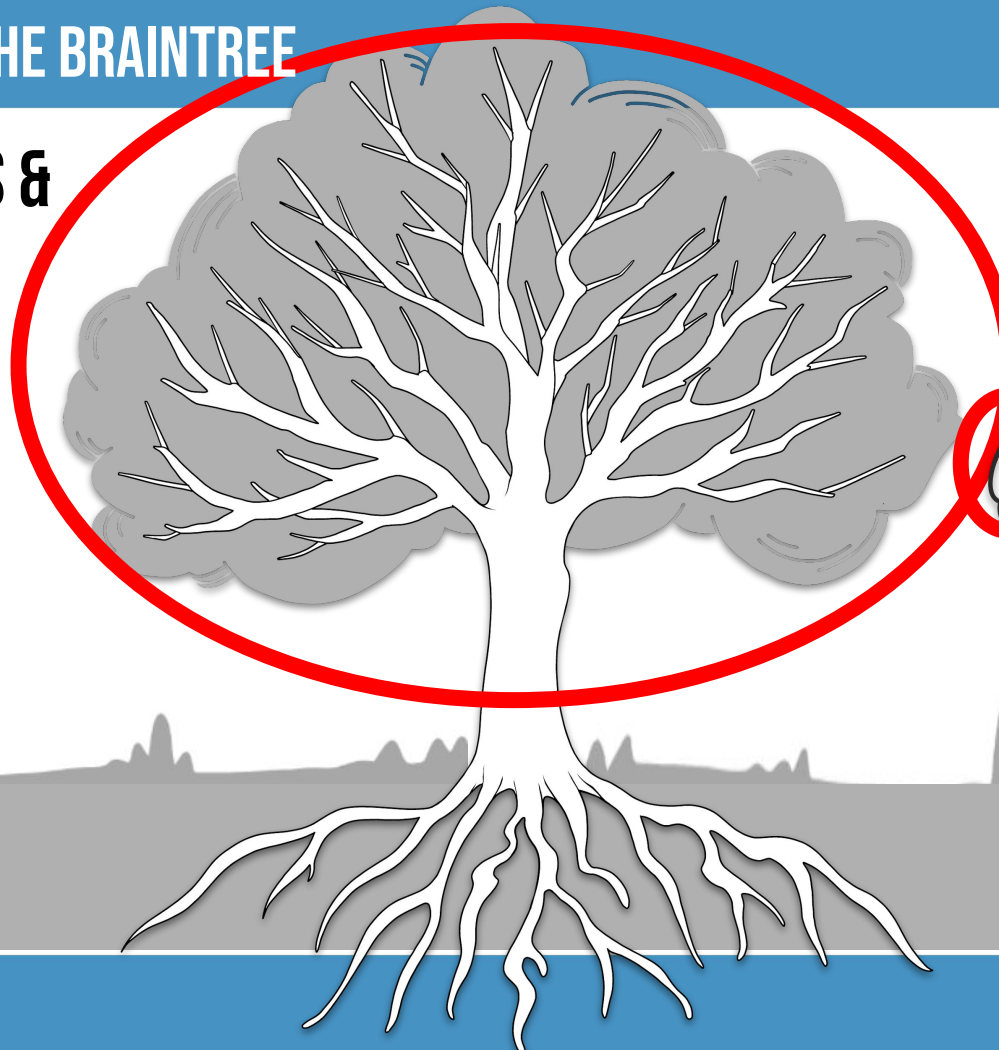
INTRODUCTION TO THE BRAINTREE

BRANCHES & LEAVES



INTRODUCTION TO THE BRAINTREE

BRANCHES & LEAVES



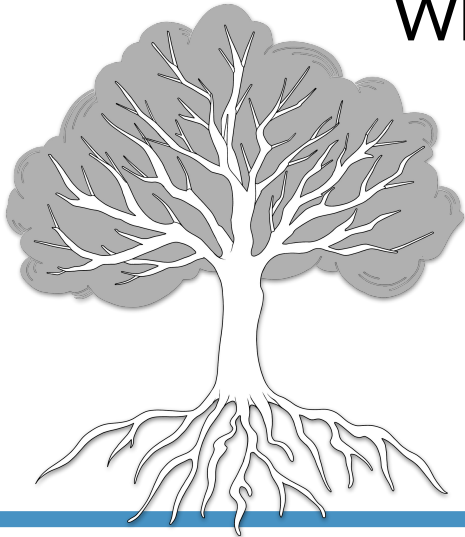
Thinking, learning,
making choices



POPCORN SHARE

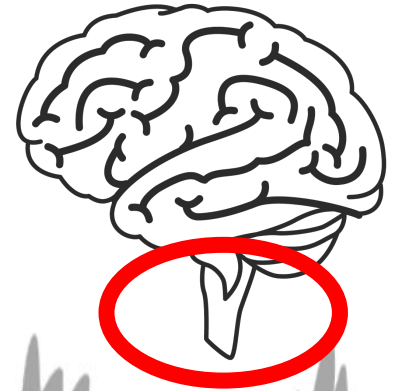
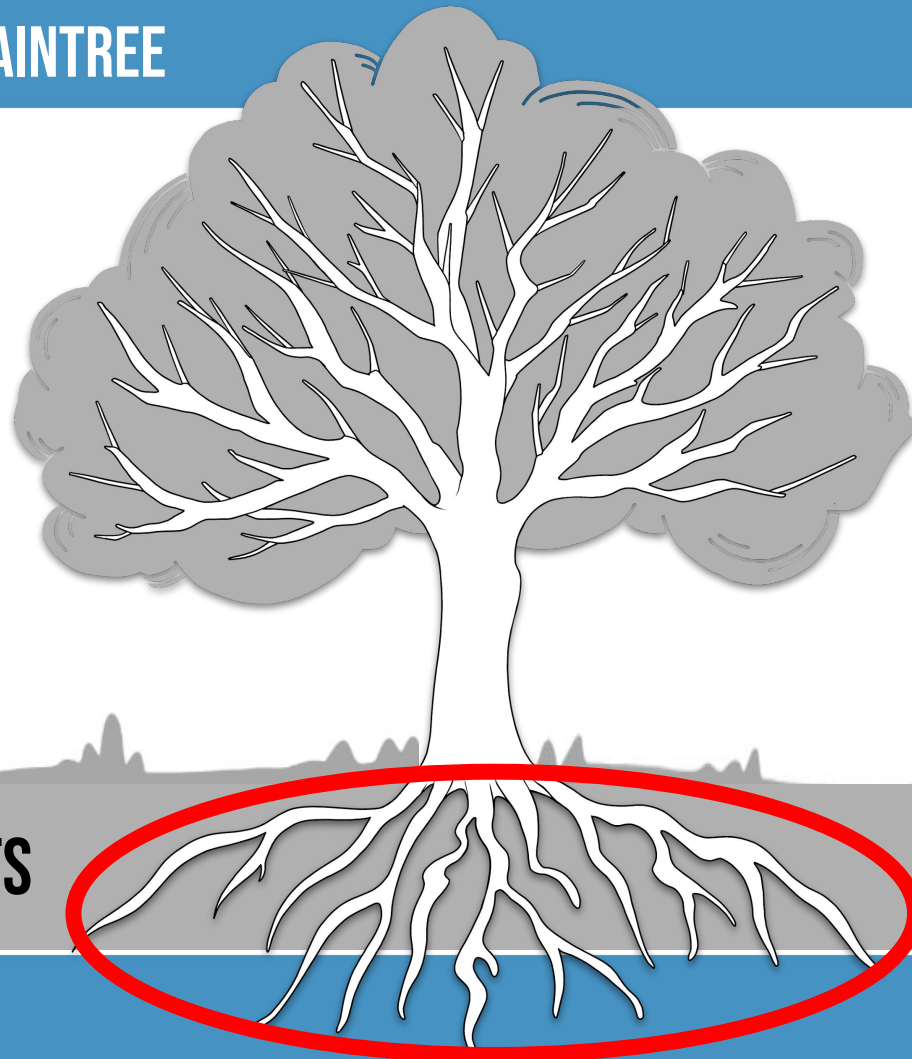


What is something you have learned?



THE ROOTS OF THE BRAINTREE

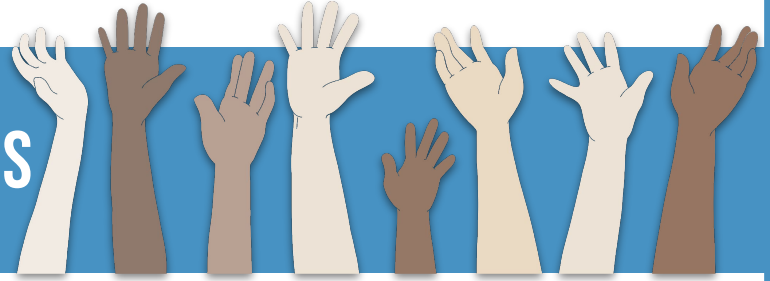
Our bodies talk to us by telling us when we are hungry, thirsty, and tired.



ROOTS



SHOW OF HANDS

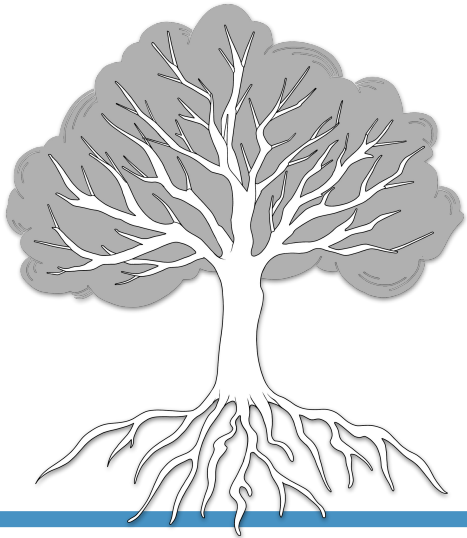


- Have you ever felt your tummy growl?
- Who can feel their heart beating?

POPCORN SHARE

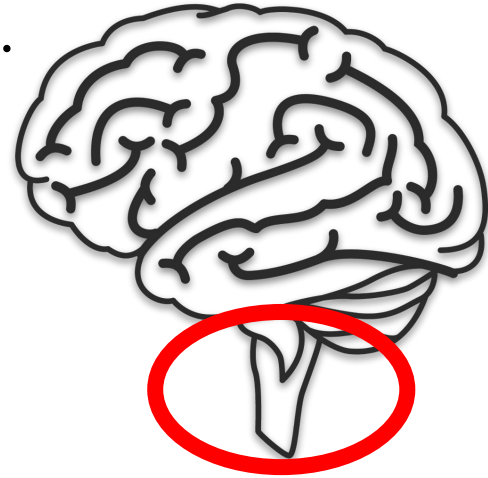
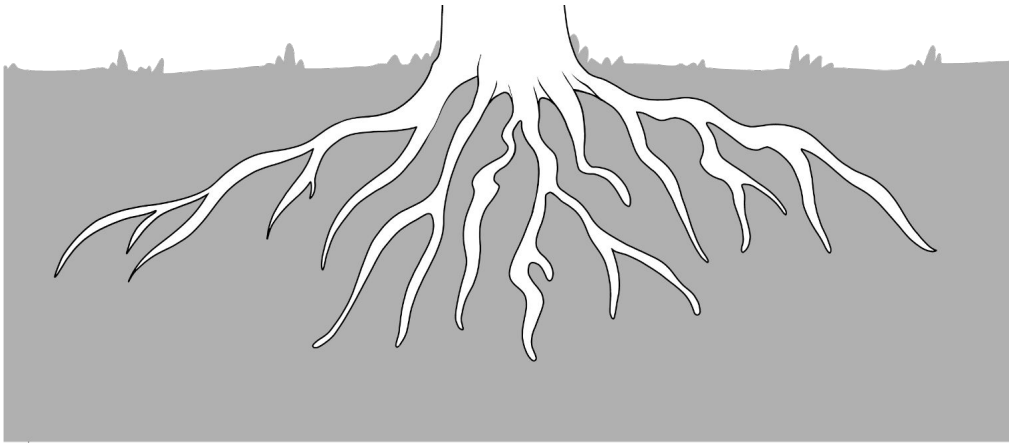


- What is the oldest part of a tree?
- Which part of a tree grows first?



THE BRAINSTEM

The brainstem controls breathing, blinking, heartbeat, and it lets us know when we're hungry, thirsty, tired, and need to go to the bathroom.



POPCORN SHARE



Imagine we're outside on a cold winter day without a coat. We might start to shiver and get goosebumps.

- What do you think our brain and body are trying to tell us when we shiver?
- What could we do to give our body what it needs?

POPCORN SHARE



If we were on the playground and saw a T-Rex running towards us, what might happen in our bodies?

POPCORN SHARE



What if someone called us a mean name and we started to feel tears in our eyes?

What are our brain and body telling us?

PAIR SHARE



Think about the things that help you when your brain and body tell you you are sad or upset.

Turn to a neighbor and share one thing that helps you feel better when you are sad.

KEEP PRACTICING YOUR STRENGTHS!





SOURCES
OF STRENGTH

LESSON 2.4

CELEBRATING RELATIONSHIP REPAIR: SEE THE HURT



Lesson Spotlight:

I can celebrate myself, others, and relationship repair.

THE REGULATION RAILROAD

In our last lesson, we practiced the stops on the Regulation Railroad.



The Regulation Railroad can help us make healthy choices to regulate big emotions.



POPCORN SHARE



Who remembers what the word “**regulate**” means?

Sometimes when we have big emotions, we make mistakes that hurt others like yelling, using mean words, or hurting someone's body.

When this happens, we can use the Regulation Railroad to regulate our emotions. This will help us see that someone is hurting.



POPCORN SHARE



What are some things we might notice when someone is hurt?

PRACTICE SEEING THE HURT

Let's pretend someone yelled at me and called me a mean name.

Watch me and try to see the hurt.  

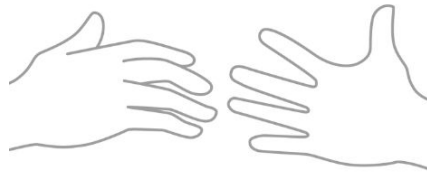


POPCORN SHARE



What did you see that might tell you my feelings were hurt?

What might we do or say to help the hurt if we yelled at someone and called them a mean name?

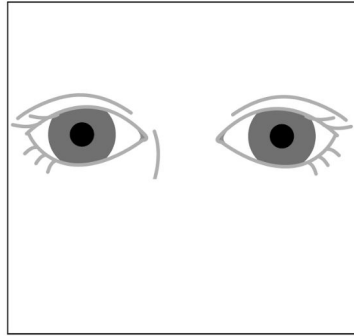


POPCORN SHARE

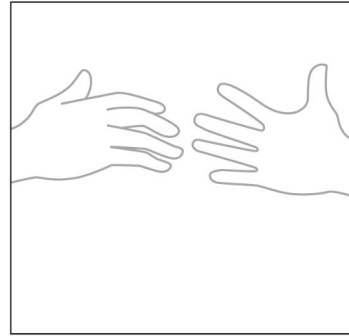


If you were hit with a ball, what kind of hurt
might we notice?

A Helpful Apology for this mistake might sound like:



See the hurt



Help the hurt

“I’m sorry, I see that the ball hit you in the face and you’re hurt.
Can I help you by getting an ice pack from the nurse’s office?”



THE REGULATION RAILROAD

Sometimes it can be hard to offer a Helpful Apology because we feel sad, embarrassed, or even mad.



Checking in on the Regulation Railroad can help us get our brain and body ready to offer a Helpful Apology.



OUR TALKING CIRCLE NORMS



Talk only when you have the Talking Piece



OUR TALKING CIRCLE NORMS



Pass if you're not ready

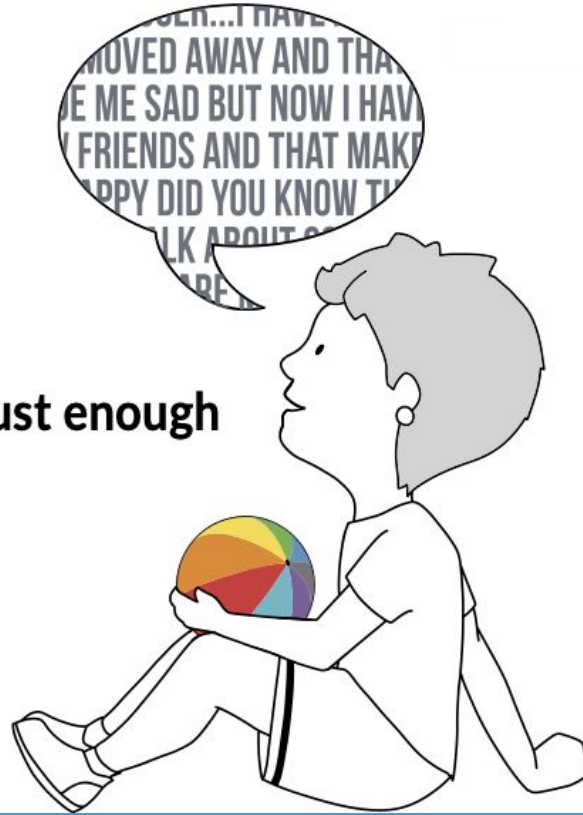


**Listen when others
have the Talking Piece**



OUR TALKING CIRCLE NORMS

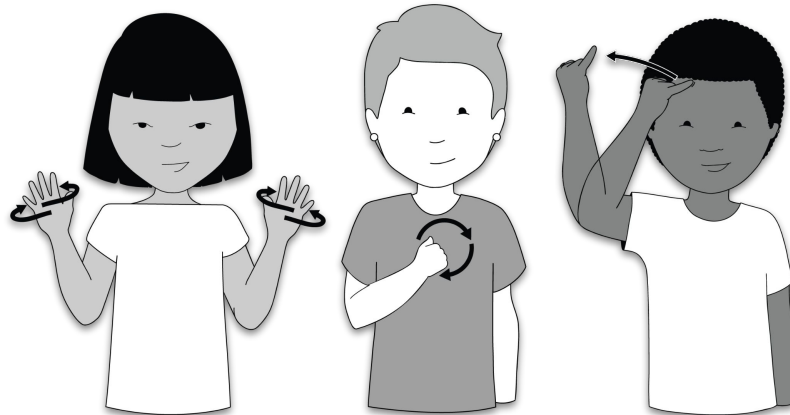
Share just enough





FULL CIRCLE CELEBRATION SHARE

Pass the Talking Piece and share an
Affirmation, Apology or an Aha.



KEEP PRACTICING YOUR STRENGTHS!





SOURCES
OF STRENGTH

LESSON 2.5

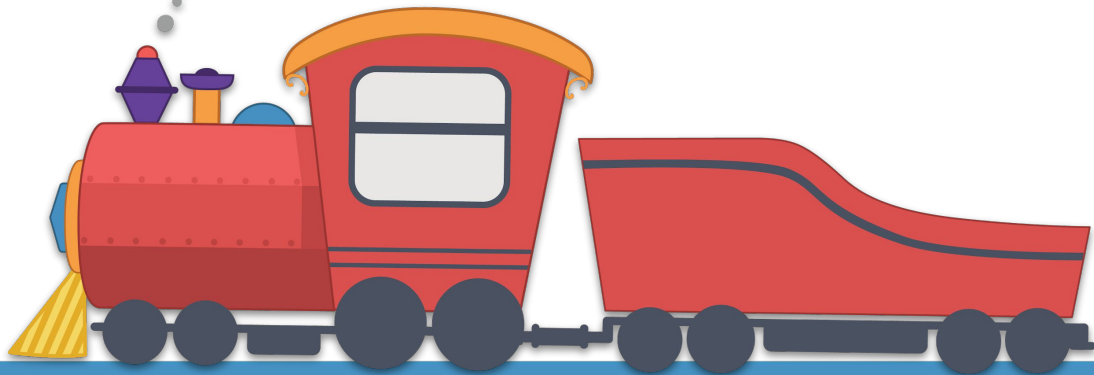
PRACTICING REGULATION

Lesson Spotlight:

I can use breathing strategies to regulate my body and my emotions.



WELCOME
BACK!



THE REGULATION RAILROAD



POPCORN SHARE



What does the Regulation Railroad help us do?

THE REGULATION RAILROAD WORKSHEET

REGULATION RAILROAD WORKSHEET

Name: _____

1

2

3

4

5

1

2

3

4

5

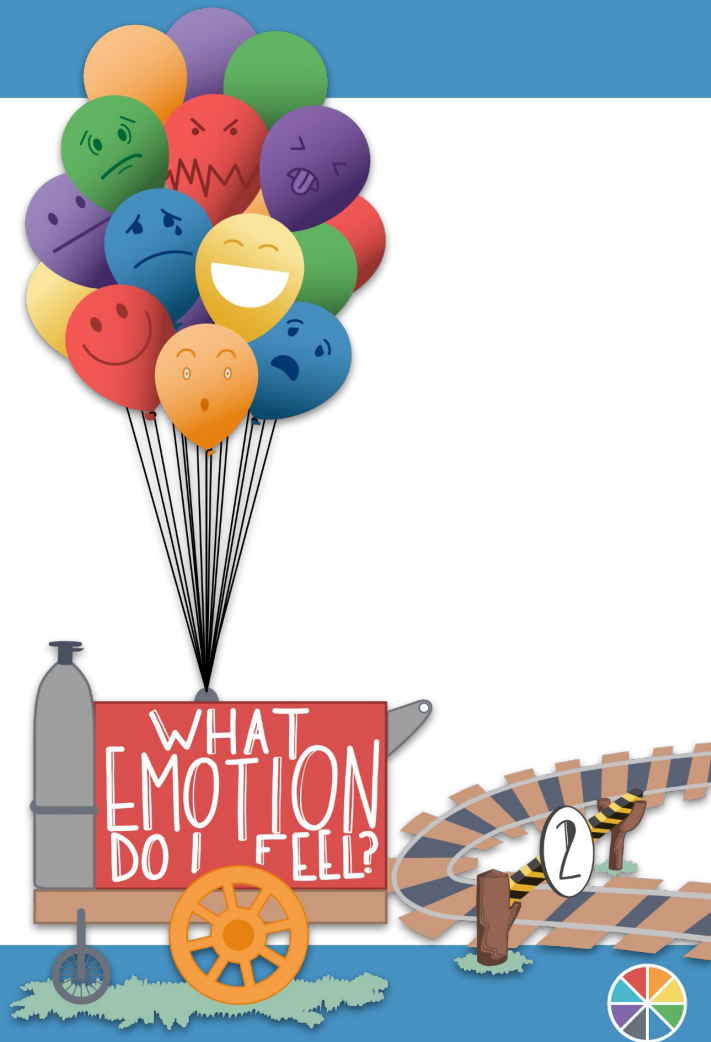
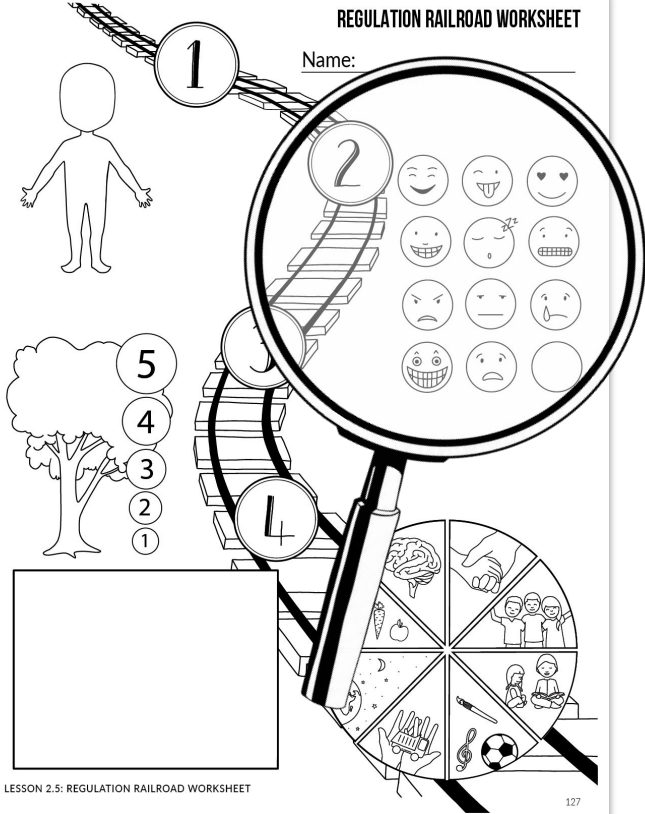
127



THE REGULATION RAILROAD WORKSHEET

REGULATION RAILROAD WORKSHEET

Name: _____



THE REGULATION RAILROAD WORKSHEET

REGULATION RAILROAD WORKSHEET

1
2
3
4
5

5
4
3
2

127

HOW BIG IS THE EMOTION?

5
4
3
2
1

3



THE REGULATION RAILROAD WORKSHEET

REGULATION RAILROAD WORKSHEET

Name: _____

1

2

3

4

5

3

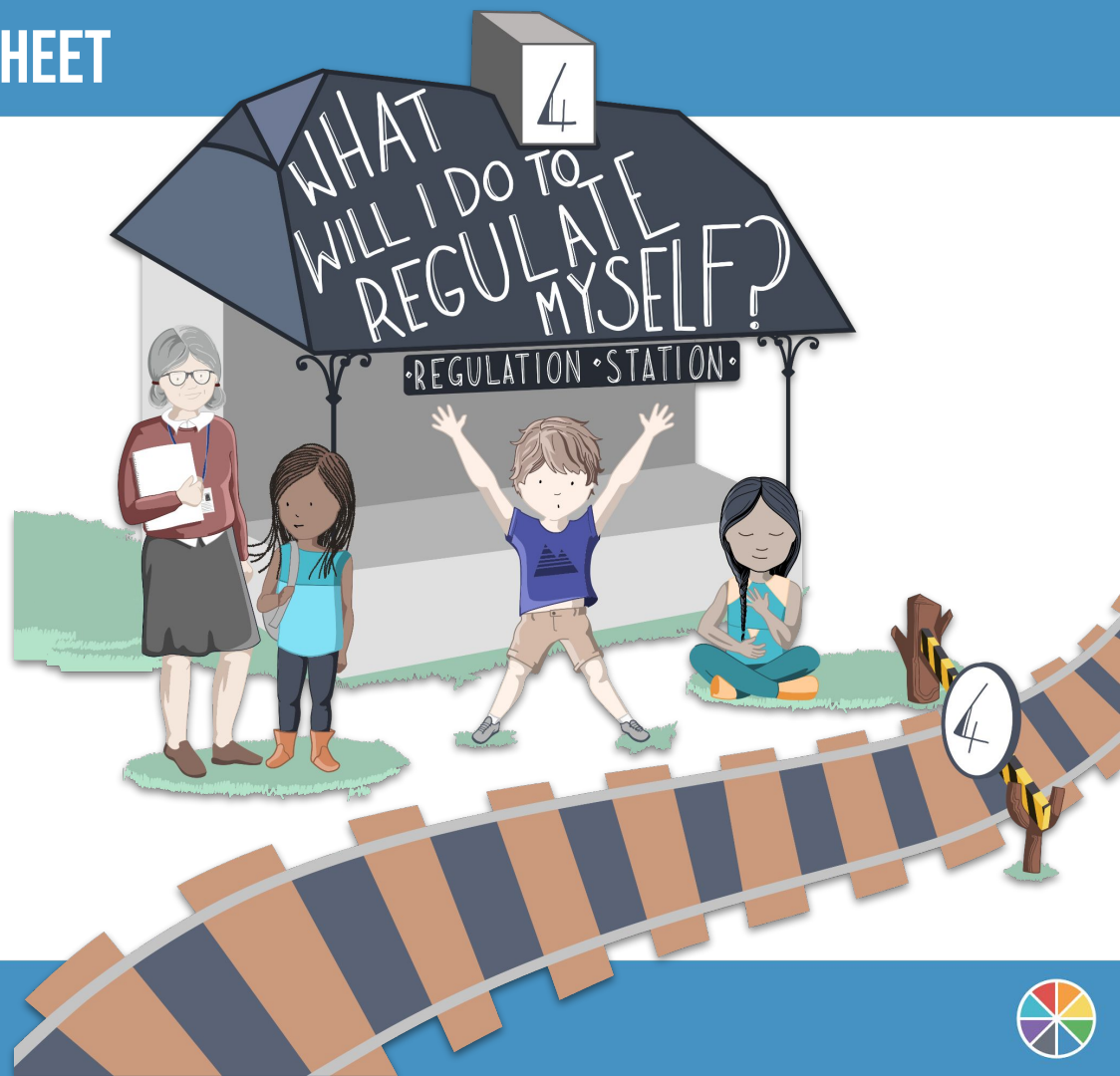
2

1

4

LESSON 2.5: REGULATION

127

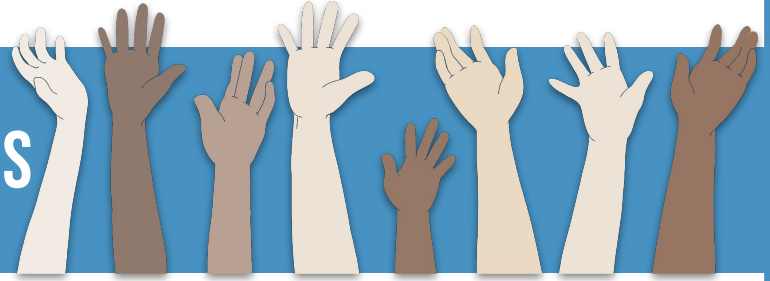


POPCORN SHARE



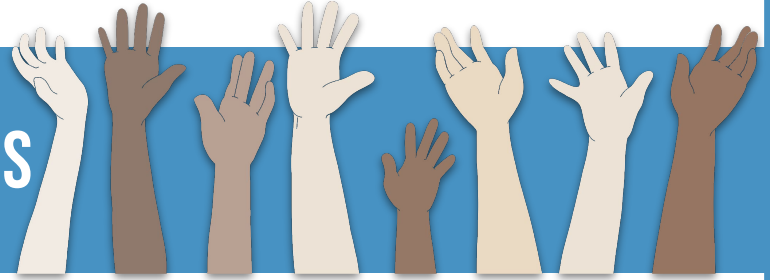
What or who could help us regulate our emotions
in order to feel better?

SHOW OF HANDS



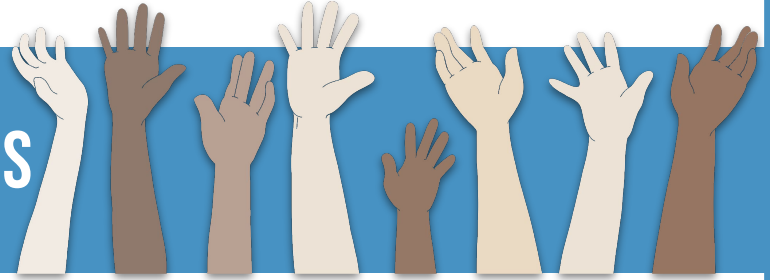
Who knows how to breathe?

SHOW OF HANDS



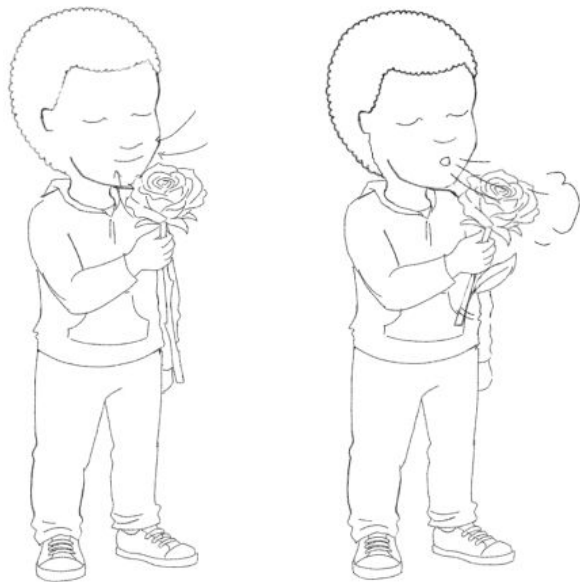
Have you ever cried really hard and had a difficult time breathing or even talking?

SHOW OF HANDS



Has anyone ever laughed so hard that it was hard to catch your breath?

THE REGULATION STATION: FLOWER BREATH



- Pretend you are holding a flower that smells nice.
- Take a deep breath in through your nose and smell your flower.
- Blow your breath out as you gently blow on your flower.
- Repeat several times.



THE REGULATION STATION: BODY BREATH



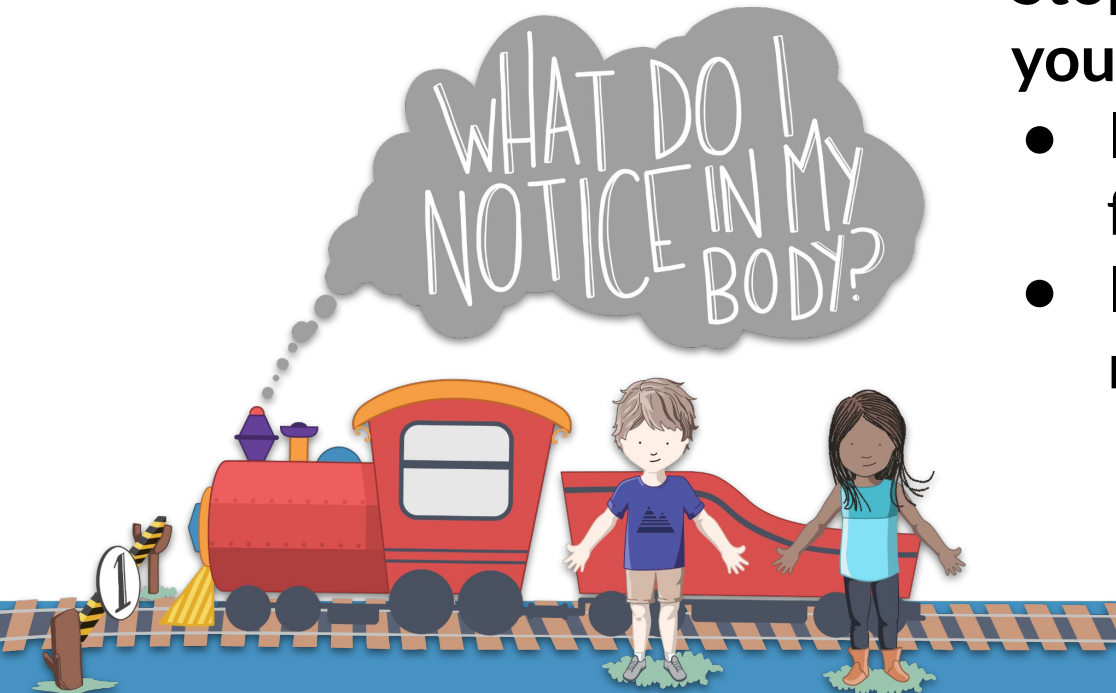
- As you give yourself a hug, exhale and blow out all the air in your lungs.
- Open your arms out wide and inhale by taking a deep breath in.



PRACTICING FLOWER BREATH AND BODY BREATH

- Let's all stand in a circle and walk to our left.
- Listen for directions on how to move:
 - Slow walk
 - Skip
 - Stomp feet





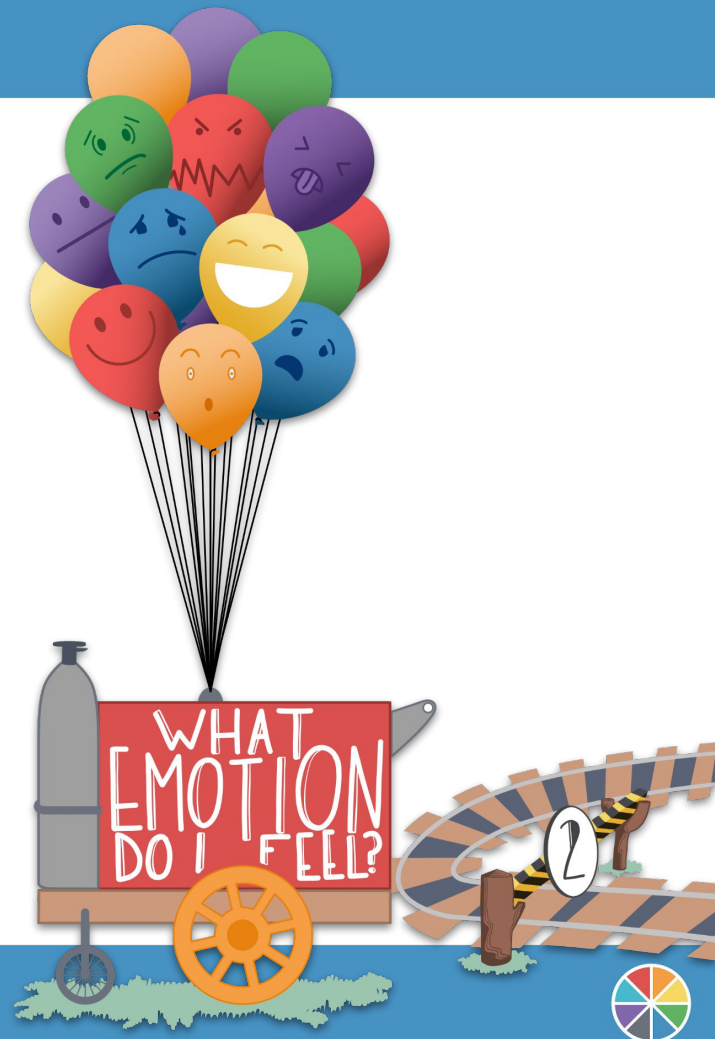
Stop 1: What do you feel in your body?

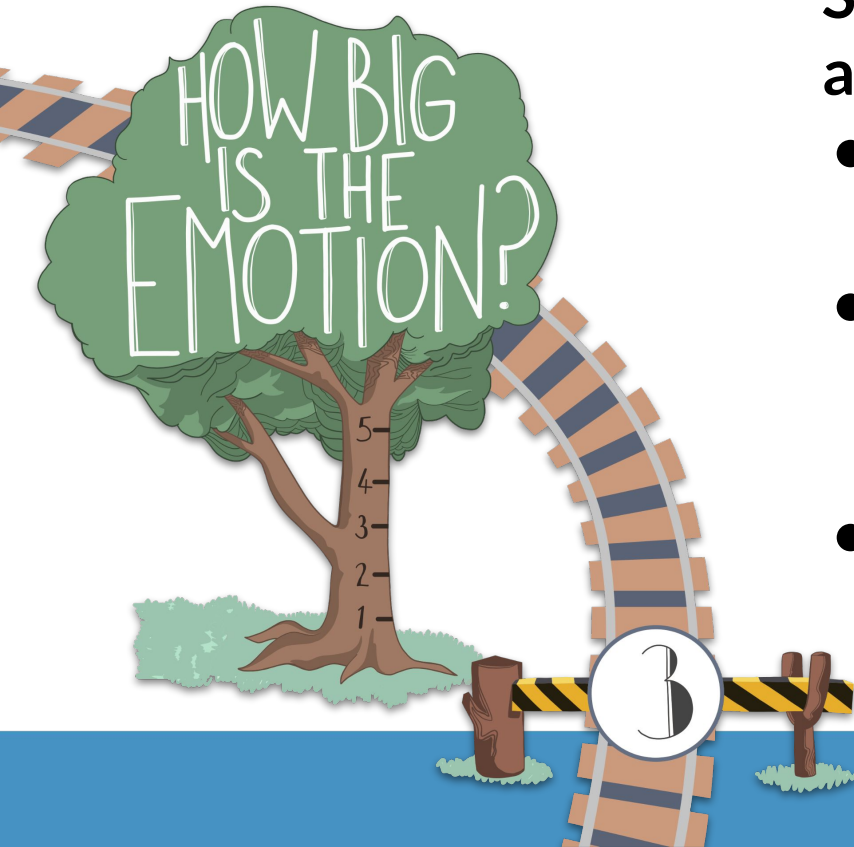
- If your heart is beating fast, nod your head.
- If you are breathing fast, raise your hand.



Stop 2: What emotion do you feel?

- Is anyone feeling excited? Happy? Nervous?





Stop 3: how big is the emotion you are feeling?

- Hold your hands close together if you are feeling a small emotion.
- Hold your hands shoulder width apart if you are feeling a medium emotion.
- Spread your arms out super wide for a big emotion.

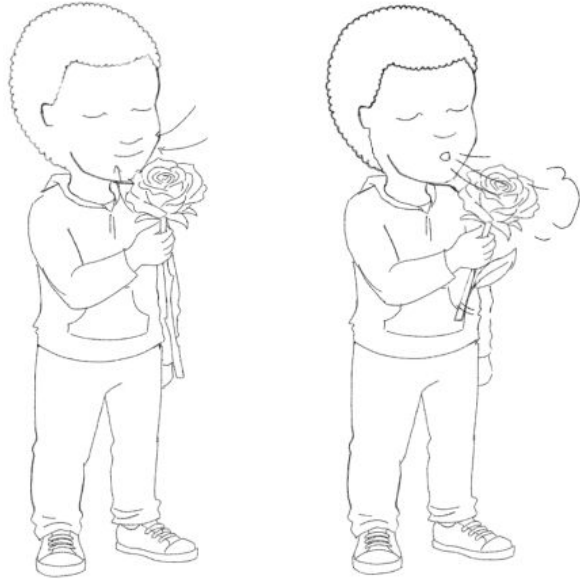


Stop 4: What will we do to regulate?

- Let's try the flower breath.



THE REGULATION STATION: FLOWER BREATH



- Pretend you are holding a flower that smells nice.
- Take a deep breath in through your nose and smell your flower.
- Blow your breath out as you gently blow on your flower.
- Repeat several times.



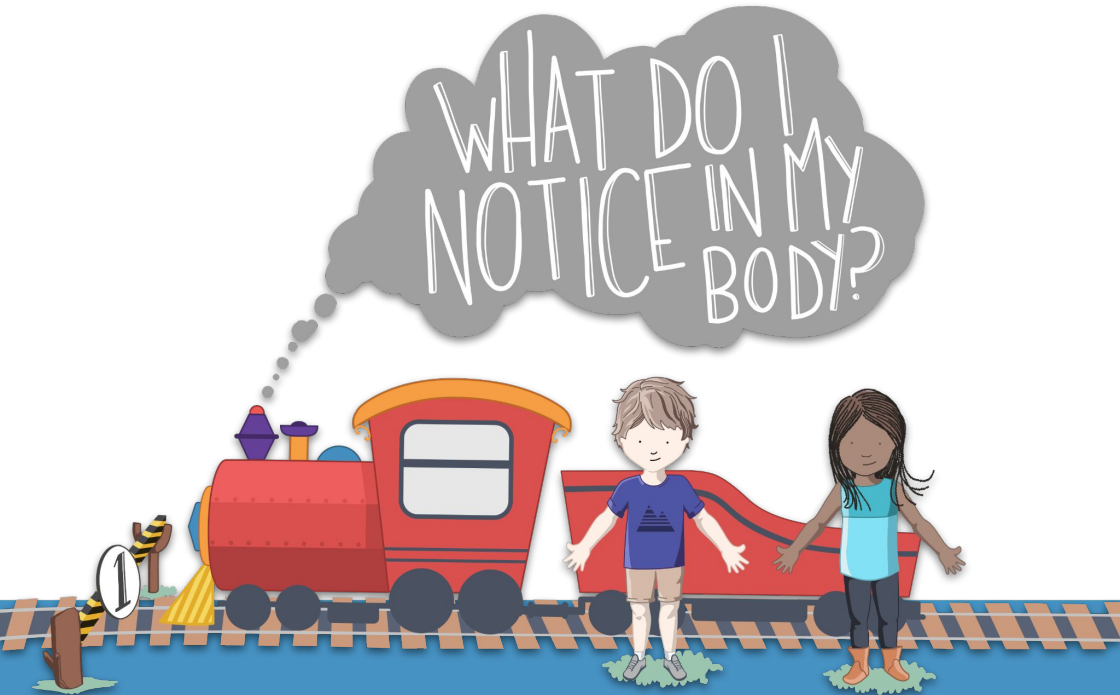
PRACTICING FLOWER BREATH AND BODY BREATH

- Let's all stand in a circle and walk to our left.
- Listen for directions on how to move:
 - Hop like kangaroos
 - Move slowly like turtles
 - Fly like birds

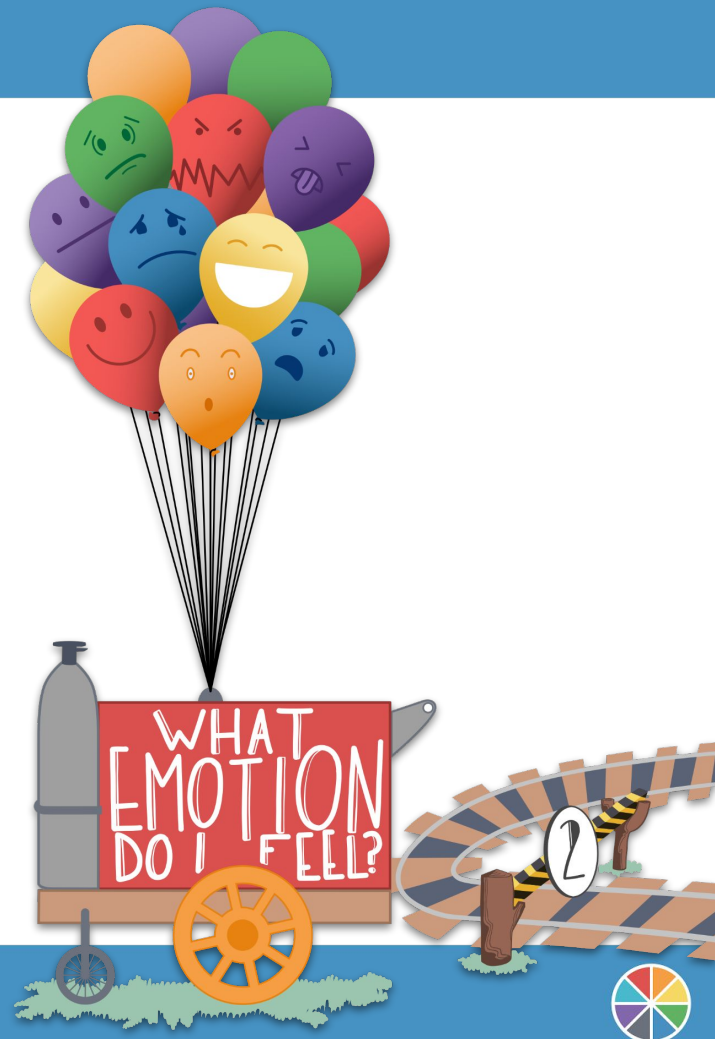


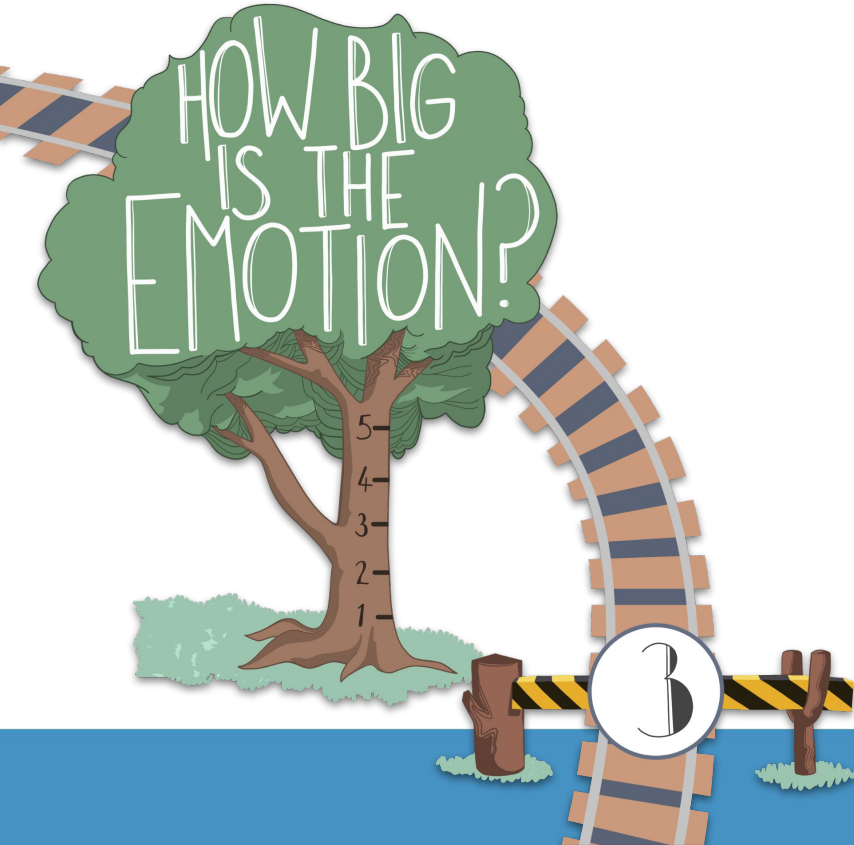
THE REGULATION RAILROAD - STOP 1

WHAT DO I
NOTICE IN MY
BODY?



THE REGULATION RAILROAD - STOP 2





THE REGULATION RAILROAD - STOP 4



THE REGULATION STATION: BODY BREATH



- As you give yourself a hug, exhale and blow out all the air in your lungs.
- Open your arms out wide and inhale by taking a deep breath in.



PAIR SHARE



Turn to a neighbor and share which breath you want to practice if you are feeling a big emotion later today:
Flower Breath or Body Breath



KEEP PRACTICING YOUR STRENGTHS!





SOURCES
OF STRENGTH

LESSON 2.6

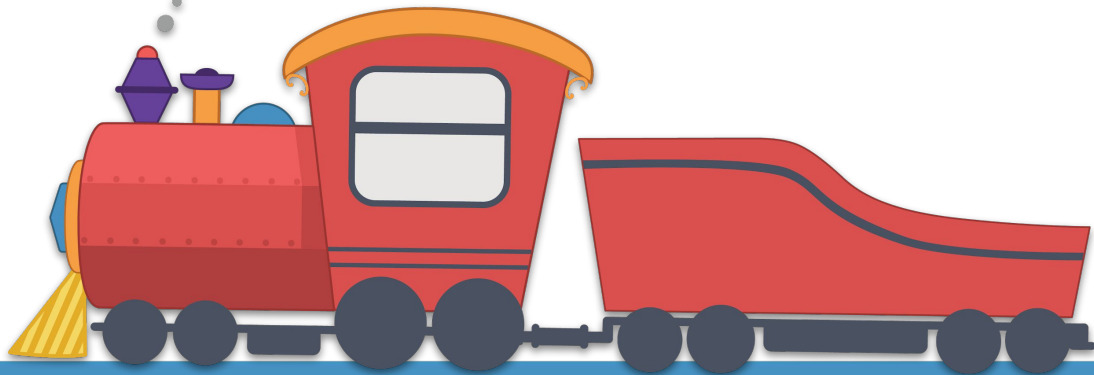
CELEBRATING SPECIFIC AFFIRMATIONS



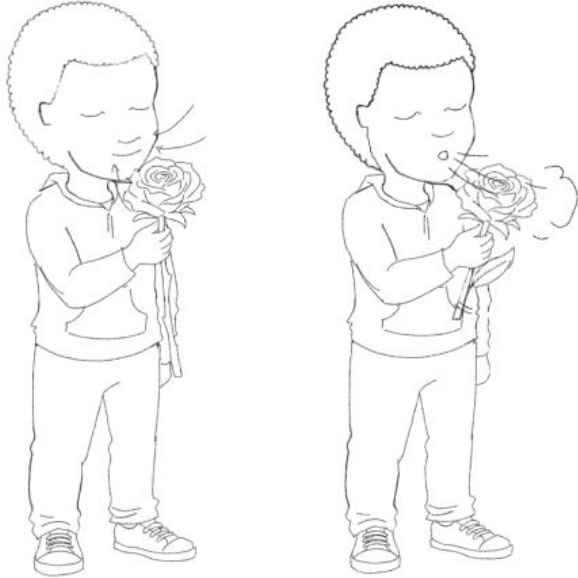
Lesson Spotlight:

I can celebrate others using specific examples.

WELCOME
BACK!



THE REGULATION STATION: FLOWER BREATH



- Pretend you are holding a flower that smells nice.
- Take a deep breath in through your nose and smell your flower.
- Blow your breath out as you gently blow on your flower.
- Repeat several times.



THE REGULATION STATION: BODY BREATH



- As you give yourself a hug, exhale and blow out all the air in your lungs.
- Open your arms out wide and inhale by taking a deep breath in.



PAIR SHARE



Turn to a neighbor and share...

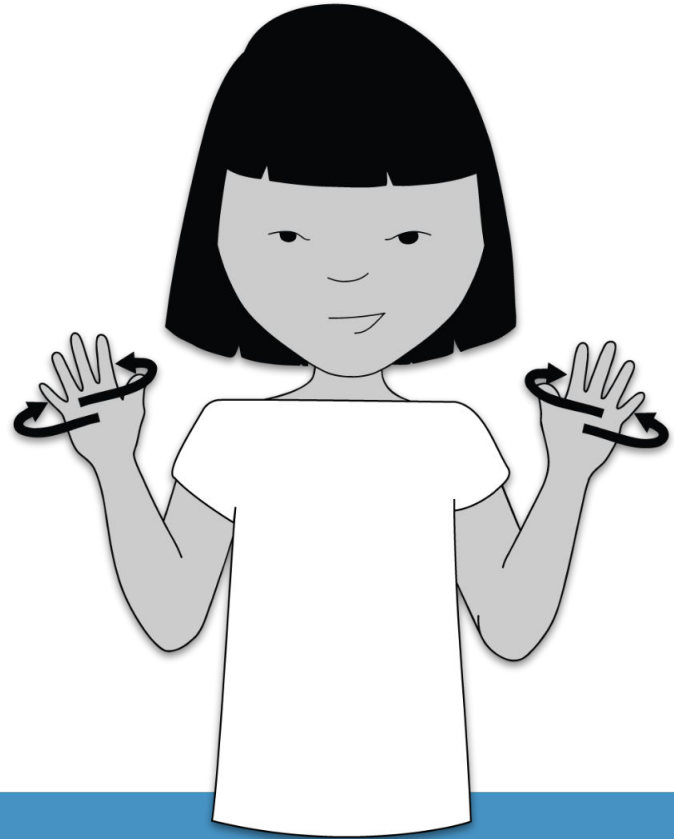
“I could use a Flower Breath when...”

“I could use a Body Breath when...”

Then, practice a Flower Breath
with your neighbor.

AFFIRMATIONS

Celebrating others' growth and progress is called an **Affirmation**. It can be helpful for Affirmations to be specific.



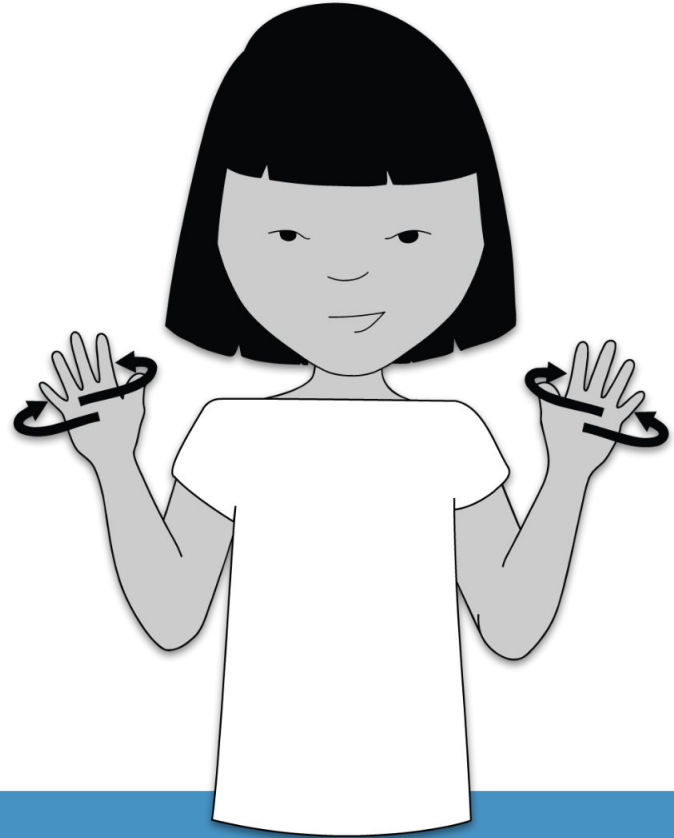
POPCORN SHARE



Who knows what the word “specific” means?

EXAMPLES OF AFFIRMATIONS

- “Good job Dianté.”
- “Dianté, good job taking some deep breaths to regulate when you were upset.”



OUR TALKING CIRCLE NORMS



Talk only when you have the Talking Piece



OUR TALKING CIRCLE NORMS



Pass if you're not ready

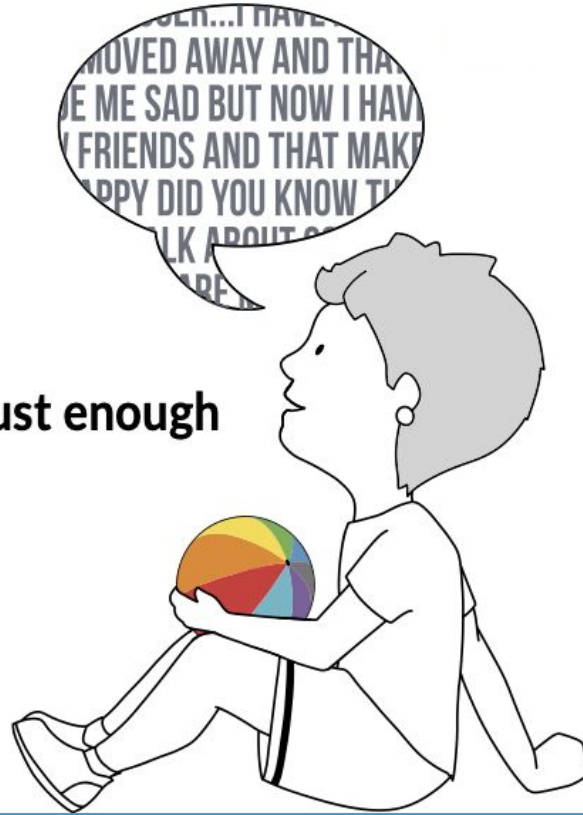


**Listen when others
have the Talking Piece**



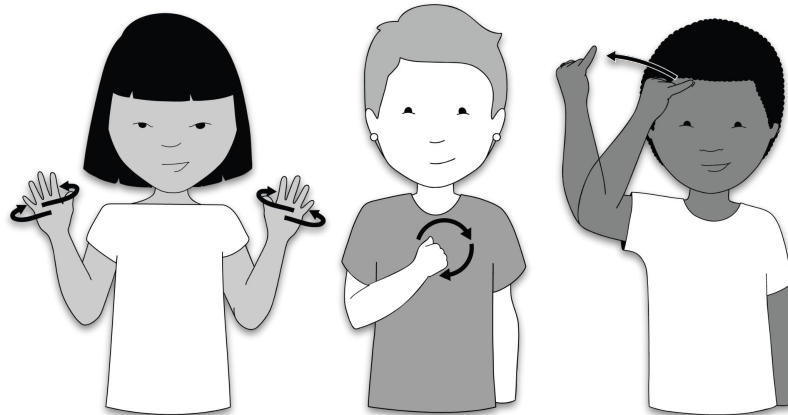
OUR TALKING CIRCLE NORMS

Share just enough



FULL CIRCLE CELEBRATION SHARE

Pass the Talking Piece and share an Affirmation, Apology, or an Aha.



KEEP PRACTICING YOUR STRENGTHS!

