

“Calm Through the Storm” Curricular Overview

Overarching goals that drive pacing and lesson formation:

1. Help students identify and understand their feelings after a storm or natural disaster and know those feelings are normal.
2. Model and practice a variety of regulation strategies for common feelings after a storm or natural disaster, such as worry, sadness, and anger. (**Strategies are bolded.**)
3. Identify and lean on a support system to help manage big feelings.
4. Develop resilience by using and reflecting on self-regulation strategies.

	K-2 Lesson Overviews	3-5 Lesson Overviews	6-8 Lesson overviews
CBS 1	<p>Goal: Identify and validate feelings</p> <p>Key point: After something big and unexpected happens, like a hurricane, we all have many different emotions, and that’s okay.</p> <p>Activities:</p> <ol style="list-style-type: none"> 1. Introduce Zones of Regulation and have students self-assess 2. Connect the Zones to feelings in our bodies 3. Draw our breaths for each zone 	<p>Goal: Identify and validate feelings</p> <p>Key point: After something big and unexpected happens, like a hurricane, we all have many different emotions, and that’s okay.</p> <p>Activities:</p> <ol style="list-style-type: none"> 1. Introduce Zones of Regulation and have students self-assess 2. Connect the Zones to feelings in our bodies 3. Pick the top two emotions and discuss how much we feel these emotions 	<p>Goal: Identify and validate feelings</p> <p>Key point: After something big and unexpected happens, like a hurricane, we all have many different emotions, and that’s okay.</p> <p>Activities:</p> <ol style="list-style-type: none"> 1. Introduce a reflection tool for naming emotions 2. Reflect on current emotions and zone 3. Group share of emotions during the hurricane to validate that all emotions are okay
CBS 2	<p>Goal: Explore and unpack common experiences after a big event</p> <p>Key point: We all have different experiences after a storm or other natural disaster.</p>	<p>Goal: Use visualization to help calm big emotions</p> <p>Key point: When we feel big emotions, visualize a safe space to feel better and think of the important things in our lives</p>	<p>Goal: Understanding intense emotions</p> <p>Key point: We all have different feelings, and the intensity of those emotions can increase when a bigger life event happens. It’s important to know</p>

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	<p>Activities:</p> <ol style="list-style-type: none"> 1. Discuss and label “big, medium, and small” problems that arise after a storm 2. Discuss ways to respond to big, medium, and small problems 3. Discuss expected vs. unexpected reactions and how that impacts others 	<p>that we love.</p> <p>Activities:</p> <ol style="list-style-type: none"> 1. Introduce and practice visualizing 2. Visualize and draw a personal safe space 3. Share drawings with each other and look for connections 	<p>strategies for dealing with those sometimes overwhelming emotions.</p> <p>Activities:</p> <ol style="list-style-type: none"> 1. Watch a video explaining intense emotions. Reflect on the strategies: engage your senses, move your body, be with others, reflect and create 2. Apply reflection by writing a letter explaining our feelings after the two hurricanes to the storm, Mother Earth, God, the universe, or a person in our lives
CBS 3	<p>Goal: Remind students that they are not alone and that they have adults in their lives who will keep them safe</p> <p>Key point: We all have a circle of support in our lives that can help us to feel safe - both on a normal day and when an emergency happens.</p> <p>Activities:</p> <ol style="list-style-type: none"> 1. List/draw people during each part of the day that help to keep us safe 2. Write a letter/draw a picture to one person you are thankful for who helps to keep you safe 	<p>Goal: Remind students that they are not alone and that they have adults who will keep them safe</p> <p>Key point: We all have a circle of support in our lives that can help us to feel safe. Trusted adults in our lives work to keep us safe throughout our day.</p> <p>Activities:</p> <ol style="list-style-type: none"> 1. List the adults who help us at each point of our day 2. Write a short letter to one adult who keeps us safe 	<p>Goal: Understand where others are coming from to build empathy</p> <p>Key point: We all have our own experiences, and when we share, we develop understanding and empathy. Our goal is to be there for our friends and to know a few things that can help someone feel better.</p> <p>Activities:</p> <ol style="list-style-type: none"> 1. Reread letter from day 2 and write one sentence from the letter to share 2. Gallery walk of sentences 3. Complete reflection form that asks students: <ul style="list-style-type: none"> - How are others feeling? - How does this compare to me?

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			<p>- What can we do to support each other?</p> <p>4. Brainstorm positive things to say to each other that communicates support</p>
CBS 4	<p>Goal: Use visualization to help calm big emotions</p> <p>Key point: When we feel big emotions, we can visualize a safe space, filled with the people and things that help us to feel safe and protected and taken care of.</p> <p>Activities:</p> <ol style="list-style-type: none"> 1. Introduce and practice visualizing 2. Visualize and draw a personal safe space 3. Share drawings with each other and look for connections 	<p>Goal: Identify worry/anxiety/fear and use a strategy to feel calmer</p> <p>Key point: We all feel worry and anxiety because we don't know what will happen next. This is a normal feeling that we deal with, and it can become even harder after a big event that takes a big toll on each of us. What helps is focusing on what's happening right now.</p> <p>Activities:</p> <ol style="list-style-type: none"> 1. Introduce the feelings of worry, fear, and anxiety and how each feels in our bodies 2. Practice visualizing a safe space 3. Grounding 5-4-3-2-1: Name 5 things you can see, 4 things you can hear, 3 things you can touch, 2 things you can smell, and one thing you can taste 4. Nature walk: Go outside for 5 minutes and complete one row on the tic-tac-toe board 5. Positive affirmations: Say positive things about ourselves 	<p>Goal: Remind students that they are not alone and that they have adults and friends who will keep them safe</p> <p>Key point: We all have a support team that is made up of lots of different people who support and encourage us. Trusted adults in our lives work to keep us safe throughout our day. Our friends help us to feel safe too.</p> <p>Activities:</p> <ol style="list-style-type: none"> 1. Identify our circle of support by drawing/listing the people on our team 2. Write a short letter to one person in our support team to show gratitude

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CBS 5	<p>Goal: Identify worry/anxiety/fear and use a strategy to feel calmer</p> <p>Key point: We might worry and be afraid that something bad might happen again. This is normal, and we want to manage those emotions when they pop up.</p> <p>Activities:</p> <ol style="list-style-type: none"> 1. Introduce the feelings of worry, fear, and anxiety and how each feels in our bodies 2. Rainbow walk: Go outside and try to find one thing for each color of the rainbow 3. Positive affirmations: Say positive things about ourselves 	<p>Goal: Identify sadness and use a strategy to feel happier</p> <p>Key point: There are lots of things that make us feel sad, and those feelings are normal and everyone has them. Sometimes, we want to hold on to our sadness and be alone, but sometimes, we want to feel happier. We need to know how to help our bodies feel better.</p> <p>Activities:</p> <ol style="list-style-type: none"> 1. Introduce the feeling of sadness and how it feels in our bodies 2. Practice visualizing safe space 3. Practice gratitude by filling out a gratitude journal 4. Have a dance party to move around and feel better 	<p>Goal: Identify worry/anxiety/fear and use a strategy to feel calmer</p> <p>Key point: We all feel worry and anxiety because we don't know what will happen next. This is a normal feeling that we deal with, and it can become even harder after a big event that takes a big toll on each of us. What helps is focusing on what's happening right now.</p> <p>Activities:</p> <ol style="list-style-type: none"> 1. Unpack anxiety and the nuances of the emotion 2. Practice two new mindfulness strategies <p>Grounding 5-4-3-2-1: Name 5 things you can see, 4 things you can hear, 3 things you can touch, 2 things you can smell, and one thing you can taste</p> <p>Positive Affirmations: Read several affirmations and select the ones that resonate</p> <ol style="list-style-type: none"> 3. Review strategies from day 2 and apply to anxiety
CBS 6	<p>Goal: Identify sadness and use a strategy to feel happier</p> <p>Key point: There are lots of things that make us feel sad, and those feelings are normal and everyone has</p>	<p>Goal: Identify anger and use a strategy to help our bodies feel calmer</p> <p>Key point: Sometimes, we feel hot emotions and get angry. Everyone gets angry, and feeling anger is a normal</p>	<p>Goal: Identify sadness and use a strategy to feel happier</p> <p>Key point: There are lots of things that make us feel sad, especially if we've lost something important in our lives. We</p>

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	<p>them. Sometimes, we want to hold on to our sadness and be alone, but sometimes, we want to feel happier. We need to know how to help our bodies feel better.</p> <p>Activities:</p> <ol style="list-style-type: none"> 1. Introduce the feeling of sadness and how it feels in our bodies 2. Practice visualizing a safe space 3. Create an I Can list 4. Have a dance party to move around and feel better 	<p>emotion. And, it's hard to have a good day being angry or mad the whole day, so we want to bring our bodies back to being calm.</p> <p>Activities:</p> <ol style="list-style-type: none"> 1. Introduce the iceberg metaphor and complete the Unpacking the Root of Anger self-reflection tool 2. Try four different strategies including movement, breathing (review), visualizing (review), and tense and release 	<p>might want to curl into our sadness, but when we're ready to feel better, we need to know how to make that happen in our bodies.</p> <p>Activities:</p> <ol style="list-style-type: none"> 1. Unpack sadness and the nuances of the emotion 2. Review strategies from day 2 and apply to sadness 3. Practice gratitude by filling out a gratitude journal
CBS 7	<p>Goal: Identify anger and use a strategy to help our bodies feel calmer</p> <p>Key point: Sometimes, we feel hot emotions and get angry. Everyone gets angry, and feeling anger is a normal emotion. And, it's hard to have a good day being angry or mad the whole day, so we want to bring our bodies back to being calm.</p> <p>Activities:</p> <ol style="list-style-type: none"> 1. Introduce the feeling of anger and how it feels in our bodies 2. Practice using strategies to reduce anger: visualizing a safe space, do an inversion, give a hand massage, tense 	<p>Goal: Apply strategies to real-life scenarios</p> <p>Key point: It's good to be able to determine how your body is feeling and to attach our feelings to emotions. It's also great to know strategies that make us feel calmer when big emotions arise. But, just like with any habit, we have to practice using those strategies, otherwise they won't come naturally to use when we need them.</p> <p>Activities:</p> <ol style="list-style-type: none"> 1. Match the strategy to the description to review all strategies 2. Quiz-quiz-switch with scenarios: Students share a scenario and describe 	<p>Goal: Identify anger and use a strategy to help our bodies feel calmer</p> <p>Key point: Anger is a common emotion we feel, but anger is an outward emotion to deeper, inner feelings. We want to dig into why we're angry and use a strategy to help with the root of our anger.</p> <p>Activities:</p> <ol style="list-style-type: none"> 1. Introduce the iceberg metaphor and complete the Unpacking the Root of Anger self-reflection tool 2. Recognize the signs of anger and how it feels in our bodies 3. Review strategies: Breathe: 30-second breathing activity

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	<p>and release, and get water</p> <p>3. Read a scenario and discuss the best way to handle a situation</p>	<p>how they might feel and what they might do</p> <p>3. Have a group discussion of reactions to common scenarios</p>	<p>Tense and release: Tense each part of the body, starting with the lower body, and then fully relax the muscles</p>
CBS 8	<p>Goal: Review all strategies and apply them to real-life situations</p> <p>Key point: When we are in tune with our bodies and our emotions, we get stronger every day. This doesn't mean that every day is easy, but it means that we're building the strength in ourselves to take on new challenges. When something happens that makes us sad or worried, we can think about our strategies and use those strategies to help us feel better.</p> <p>Activities:</p> <ol style="list-style-type: none"> 1. Whole group review of strategies and how they help our bodies feel calmer and more balanced 2. Read a scenario, and practice using a strategy that will make them feel better 3. Fill out a “My Strategy” chart to identify the strategies that work best for them 	<p>Goal: Review all strategies and reflect on the most effective ones</p> <p>Key point: When we are in tune with our bodies and our emotions, we get stronger every day. This doesn't mean that every day is easy, but it means that we're building the strength in ourselves to take on new challenges. When something happens that makes us sad or worried, we can think about our strategies. We can use those strategies to help us feel better.</p> <p>Activities:</p> <ol style="list-style-type: none"> 1. Whole group review of strategies and how they help our bodies feel calmer and more balanced 2. Fill out a “My Strategy” chart to reflect on the strategies that work and don't work for each student 3. Complete the emotional check-in tool 	<p>Goal: Apply strategies to real-life scenarios</p> <p>Key point: It's good to be able to determine how your body is feeling and to attach our feelings to emotions. It's also great to know strategies that make us feel calmer when big emotions arise. But, just like with any habit, we have to practice using those strategies, otherwise they won't come naturally to use when we need them.</p> <p>Activities:</p> <ol style="list-style-type: none"> 1. Whole group review of strategies and how they help our bodies feel calmer and more balanced 2. Quiz-quiz-switch with scenarios: students share a scenario and describe how they might feel and what they might do 3. Have a group discussion of reactions to common scenarios
CBS 9			<p>Goal: Review all strategies and reflect on the most effective ones</p>

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			<p>Key point: When we are in tune with our bodies and our emotions, we get stronger every day. This doesn't mean that every day is easy, but it means that we're building the strength in ourselves to take on new challenges. When something happens that makes us sad or worried, we can think about our strategies. We can use those strategies to help us feel better.</p> <p>Activities:</p> <ol style="list-style-type: none"> 1. Fill out a "My Strategy" chart to name the best strategy for each student 2. Complete the emotional check-in tool