



## SM 2-3 L2 THE BEHAVIOR THERMOMETER

**Grade:** 2-3

**Competency Area:** Self-Management

**Lesson Title:** The Behavior Thermometer (Lesson #2)

**T-SEL Standard:** 2.B.2. Students know and use simple stress management practices. Students engage in mental and physical health promoting activities in ways that are within their control.

**Duration:** 20 minutes

**Materials Needed:** ChalkWild erasable backpack + ChalkWild chalk markers + terry cloth

### **Lesson Directions:**

**1. Introduction:** Begin by gathering the students in a circle. Ask them what a thermometer does, and invite several students to share their answers aloud. Recap for students that a thermometer is a tool that tells the temperature. Instruct students to act out how it might look if we are cold, and allow time for students to act out. Then tell students to act out what it looks like if they are hot.

Explain to students that the idea of a thermometer can also help us measure how our emotions are feeling just like it measures what the temperature is.

**2. Drawing Activity: "The Behavior Thermometer."** Explain the activity: "Today, you will draw a thermometer that helps you measure the temperature of your actions."

- Distribute the handout of the thermometer to each student.
- Have them place the handout inside the front clear section of their backpack.
- At the bottom of the thermometer, instruct them to draw or write a "cool" behavior that is a good choice. Examples: using a calm voice, asking for help, waiting for your turn.
- In the middle of the thermometer, have them draw or write about a behavior that is "warm" and could be a warning sign, or a choice that is okay but could be better. Examples: whining, pouting, getting frustrated.
- At the top of the thermometer, instruct them to draw or write about a "hot" behavior that is a poor choice. Examples: yelling, hitting, being mean to a friend.
- Have students color the thermometer, using cool colors for the bottom and hot colors for the top.



## SM 2-3 L2 THE BEHAVIOR THERMOMETER (CONT.)

3. **Sharing:** After students have completed their drawings, explain to students that you are going to read several scenarios. After you read each scenario, students should point to their thermometer on their backpack to show where they would be in that scenario.

- Scenario 1: Listening to a story being read aloud to you.
- Scenario 2: Not being allowed to do something that you really want to do.
- Scenario 3: Losing at a game that you thought you were going to win.
- Scenario 4: A friend takes a toy that you were playing with.

# The Behavior Thermometer

