

SM K-1 L1 MY CALM-DOWN CLOUD

Grade: K-1

Competency Area: Self-Management

Lesson Title: My Calm-Down Cloud (Lesson #1)

T-SEL Standard: 2.A.1. Students practice strategies that help them to sustain joy and feel calmer, patient, focused and energized.

Duration: 20 minutes

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

Lesson Directions:

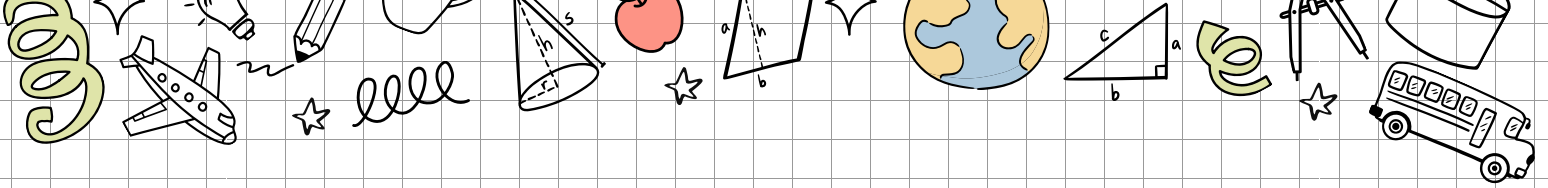
1. Introduction: Begin by gathering the students in a circle.

- Ask students to close their eyes and imagine what the sky looks like before a storm.
- Have students open their eyes. Ask several students to share their thoughts.
- Tell students that sometimes our feelings can be like the way the clouds look in the sky before it rains.
- Ask students to think about some feelings they have that remind them of stormy clouds.
- Call on students to share aloud. Write their ideas on the board or chart paper for all students to see.
- Next, explain to students that just like we can find shelter from a storm, we can find ways to help our big feelings feel smaller and calmer.

2. Drawing Activity: "My Calm-Down Cloud." Explain to the students that they are going to draw a cloud on their backpack.

- Using markers, model for students how to draw a large, fluffy cloud.
- After students have drawn their clouds, instruct them to carry their backpack around the room and show their cloud to three friends.





SM K-1 L1 MY CALM-DOWN CLOUD (CONT.)

Grade: K-1

Competency Area: Self-Management

- Bring the students back together and ask them to raise a hand if all of the clouds looked the same (most likely no students will raise their hands).
- Then ask students to raise their hands if all the clouds drawn look a little different from each other (most students should raise their hands).
- Tell students that just like all of our clouds look different, we all do different things to calm down when we are feeling upset. Share examples like taking a deep breath, counting to five, hugging a teddy bear, listening to quiet music, or drawing a picture.
- Next, instruct students to draw or write at least two or three calming ideas inside their cloud.
- Encourage students to color their clouds with calm, cool colors like blue, green, or purple.

3. Sharing:

- Instruct students to move around the space and find a partner who has the same calm down strategy as they do on their backpack.
- Once they find a partner they can sit back down in the circle.
- Once all students have found a partner and sat back down, end the lesson by reminding students that their Calm-Down Cloud is a special tool they can use any time they need to help their big feelings feel smaller and more manageable.

