



BE IT

STEP ONE: Watch the video:

https://www.youtube.com/watch?v=7SkiSBvPsho&list=PLVXqh1woV2T0aSNcA0-VdpGVMLC_ajt87&index=33&t=0s

STEP TWO: Talk about the Big Idea

- How do you think Ryan felt when his machine broke?
- What could he have done to his friend? Why do you think he made the choice that he did?
- What would you have done if you were Ryan? Why?

STEP THREE: Write about the Big Idea

- Draw a picture of what you thought of when you watched the video.

STEP FOUR: Activate the Big Idea in Your Life

SEL COMPETENCIES:

IMPULSE CONTROL, STRESS MANAGEMENT

SUPPLIES NEEDED: Varies. See below.

ACTIVITY: With the following activities, discuss how forgiveness is related to remaining calm and avoiding anger.

1. Provide samples of lavender to smell.
2. Play calming music during the morning.

3. Throughout the day, take breathing breaks. Teach them to do deep breathing. Inhale through your nose for the count of 5. Hold that breath for the count of 5. Exhale through your mouth for the count of 5. Repeat this cycle 2-3 times.
4. Teach your children to count to 10 when they are feeling upset. First the child chooses a topic (i.e. fruit). Next, they begin counting: "1 apple 2 banana 3 orange 4 plum 5 watermelon 6 peach 7 grapefruit 8 kiwi 9 cantaloupe 10 strawberry". This helps them move to their "thinking mode" and makes it easier to calm themselves. Throughout the day, take counting breaks together.

WRAP UP: "There are many ways to reduce anger, which helps us not be as quick to want revenge. Think about which technique works best for you and try it out when you get frustrated this month."