

Social Awareness PreK Unit Lesson 2: Anxiety Be Gone with Yana

CASEL Standards:

Social Awareness - The abilities to understand the perspectives of and empathize with others, including those from diverse backgrounds, cultures, and contexts.

Academic Standards:

Pre-Kindergarten School Readiness Goals:

Students will focus on the following general early education and pre-kindergarten instruction and school readiness focus areas:

Communication with others.

Identifying emotions.

Using images and language to communicate emotions.

Objective:

Recognize emotions, including anxiety.

Use the behaviors of: deep breathing, positive self-talk, and visualization to manage my emotions, including anxiety.

Essential Questions:

What is anxiety?

What can I do when I feel anxious?

I Can:

I can recognize my emotions, including anxiety.

I can use the behaviors of: deep breathing, positive self-talk, and visualization to manage my emotions, including anxiety.



Mindful Teaching Tips

Encourage students to share the successes they have experienced using social emotional skills at home, or outside of school. This may be a good opening or closing question during SEL instruction to elicit examples of how these skills help manage behavior in and outside of the classroom.

Teaching Transcript

Remember how Yana kept herself calm. Let's remind ourselves of what she does when she feels anxious. She breathes deeply and quietly a few times. She remembers her happy place. She thinks about doing what she loves to do. When she uses these tricks, she feels calm and her anxiety starts to go away.

(Display and review this text with students)

How To Handle Anxiety

Breathe Deep

This Feeling Will Pass

Think of Your Happy Place

Today we will draw ourselves in our happy place. Think of a place you love. You can think of an imaginary place, or a real one. Imagine as many details as you can. Think about this happy place. Tell someone nearby about this place.

Now, draw a picture that shows you in this happy place. Use your favorite colors and patterns to make your happy place colorful and full of details.



My Happy Place

Take Home Activity

During our social emotional learning time, we learned about anxiety and feeling anxious. We listened to a relaxing story about a Moshling named Yana who looks like a colorful egg. When she feels anxious, she does three things. Our class learned how to:

Breathe deeply
Remember this feeling will pass.
Imagine a happy place.

Now, you can talk to your child about a happy place in their home. Like the picture they drew at school showing themselves in their happy place, then can draw their family at home in a favorite part of the house, or while doing a favorite activity. Invite your child to share their drawing with the other members of the family.

My Family's Happy Place

Weekly Theme Card

Yana closes her eyes and imagines something she loves.

You can imagine you are painting a picture, or doing something else you love.

You can think about anything that makes you happy to help you calm down.

Imagine your worries and thoughts floating away into the clouds.

Remember to do what Yana does when she feels anxious.

Breathe deeply a few times.

Remember this feeling will pass.

Imagine your happy place.

When you use mindfulness to help you calm down, you are being kind to your mind.

