

Social Awareness PreK Unit Lesson 1:

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

Give your class a chance to practice their social emotional learning. Invite students to imagine what they would do in each of these scenarios, or others:

What would you do if a friend was feeling anxious?

How could you help a friend who was feeling sad?

When would it be a good time to practice deep breathing?

Teaching Transcript

Before You Listen

Identifying Emotions:

What is Anxiety? Anxiety is a feeling of worry or stress.

What does anxiety feel like? Anxiety can make you feel shaky, and your heart might beat faster. You might breathe faster.

Anyone can feel anxiety, but the feeling doesn't last forever.

We can learn some tricks to help ourselves calm down when we feel anxious.

A cute Moshling named Yana will teach us what we can do when we have anxiety. Having anxiety is called feeling anxious. Listen for what Yana does when she feels anxious.

(Play the audio track, Anxiety Be Gone with Yana)

After You Listen

Let's answer these questions together:

What does Yana do when she feels anxious?

How do you feel now, after listening to Yana's story?



Take Home Activity

During our social emotional learning time, we learned about deep breathing and how it helps us to deal with anxiety. Practice this behavior at home by encouraging your child to show you how to take slow, quiet breaths. You can ask them questions about how they feel after breathing deeply. If there are other family members who are interested in skills to help manage anxiety, you can share this skill with them, too.

Weekly Theme Card

We all need a moment to calm down sometimes.

Remember Yana's tricks to calm herself down.

Take a few slow, quiet breaths.

Tell yourself the way you are feeling will soon go away.

You can tell this to yourself in your mind, or out loud, like this: "This feeling will go away."

