

My Social Connections



45-minutes

Elementary - Covid 19 Back to School: Lesson Plan 5



Objectives:

(slide 2)

- Build social connections and relationships in the classroom.
- Provide opportunities for children to engage, socially interact, and develop connections with their teacher and peers.
- Practice assertive communication methods using the “dolphin, tiger, and jellyfish” metaphors.



I Can Statements:

- I can use healthy **communication** to share my thoughts, emotions, and ideas.
- I can build healthy relationships by **connecting with others**.

mindful CHECK-IN

(slide 3)



5-minutes

1. Create

- **Show** students how to make the Flip Face
- **Encourage** experimentation with details on the face.



Check-in's help gauge emotions & knowledge; they help develop:

CQ Skills:

- Creativity
- Collaboration

SEL Skills:

- Emotional Awareness

2. Communicate

- **Invite** students to orient the Face to show if they are feeling positive, stressed or sad.
- **Ask** them why they are feeling that way? Thank them for sharing.

PLAY

(slide 5)



15-minutes

1. Imagine

- **Invite** students to act like
 - ...a tiger (aggressive) ...a jellyfish (passive with a sting)
 - ...a dolphin (kind, playful, communicative, and swim in pods)
- Pause after each animal and **discuss** its characteristics.
- **Ask** "Have you ever acted like a tiger, a jellyfish or a dolphin? What did you do? How were you feeling?"



CQ Skills:

- Communication
- Collaboration
- Critical Thinking

SEL Skills:

- Emotional Awareness

continue on page 2



1. Reflect

- **Say**, "False alarms make us feel like we have to FIGHT like a tiger, or HIDE what we feel like a jellyfish. When we FIGHT or HIDE, are we acting like a friend?"
- **Explain** that when we calm our **stress-response**, we can **communicate** like dolphins."
- **Discuss** how using words to share our emotions lets us **connect with others**.
- **Ask** "How does connecting with others make you feel?"



(slide 6)  **15-minutes**

1. Kind Words Activity

- **Brainstorm** words or phrases that let us connect to others.
 - (younger students) sorry, please, excuse me, thank you, I feel..., are you okay?, good job!
 - (older students) I feel frustrated when you..., Thank you for ..., Can I help you?, You can do it!


-  **CQ Skills:**
- Communication
 - Collaboration
 - Critical Thinking

- SEL Skills:**
- Emotional Awareness
 - Social Connection

2. Create


- Make a poster as a whole group (younger students) or with a partner (older students)



(slide 7)  **10-minutes**

1. Gratitude Notes

- **Assign** each student to another. **Ask** them to make a note or a picture for the student saying something kind to them.
- **Share** the notes.

 **Brain Science Fact:**
"Feeling grateful for what you have in life shuts down your stress response."
-Dr. Shimi Kang

 **Discussion:** Use these questions to engage your students further...

- How do my friendships help me feel STRONG, SMART and HAPPY?
- How does remembering good times with friends help me relax?

Take-home resource for lesson:

