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- ★ Digital Materials Include:
- Interactive PDF of the Leader's Guide
 - Video demonstrations of Yoga & Breathing exercises
 - PDFs of all printed posters
 - PDFs of Specific Feelings 50-Card Set
 - Staff/Parent Sample Letters
 - Activities/Worksheets
 1. Body Scan – "Frogs on a Log"
 2. Yoga Poses
 3. Breathing Exercises
 4. "Trust and Character" Worksheet
 5. "Boundaries" Worksheet



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PROGRAM GOALS



To coach elementary school students in the cultivation of self-regulation skills.



To help students utilize those skills in the effective management of conflicts – and develop their character through the experience.



PROGRAM PYRAMID



— **FINISH** with crucial life skills.

■ Section Numbers

● 4

● 3

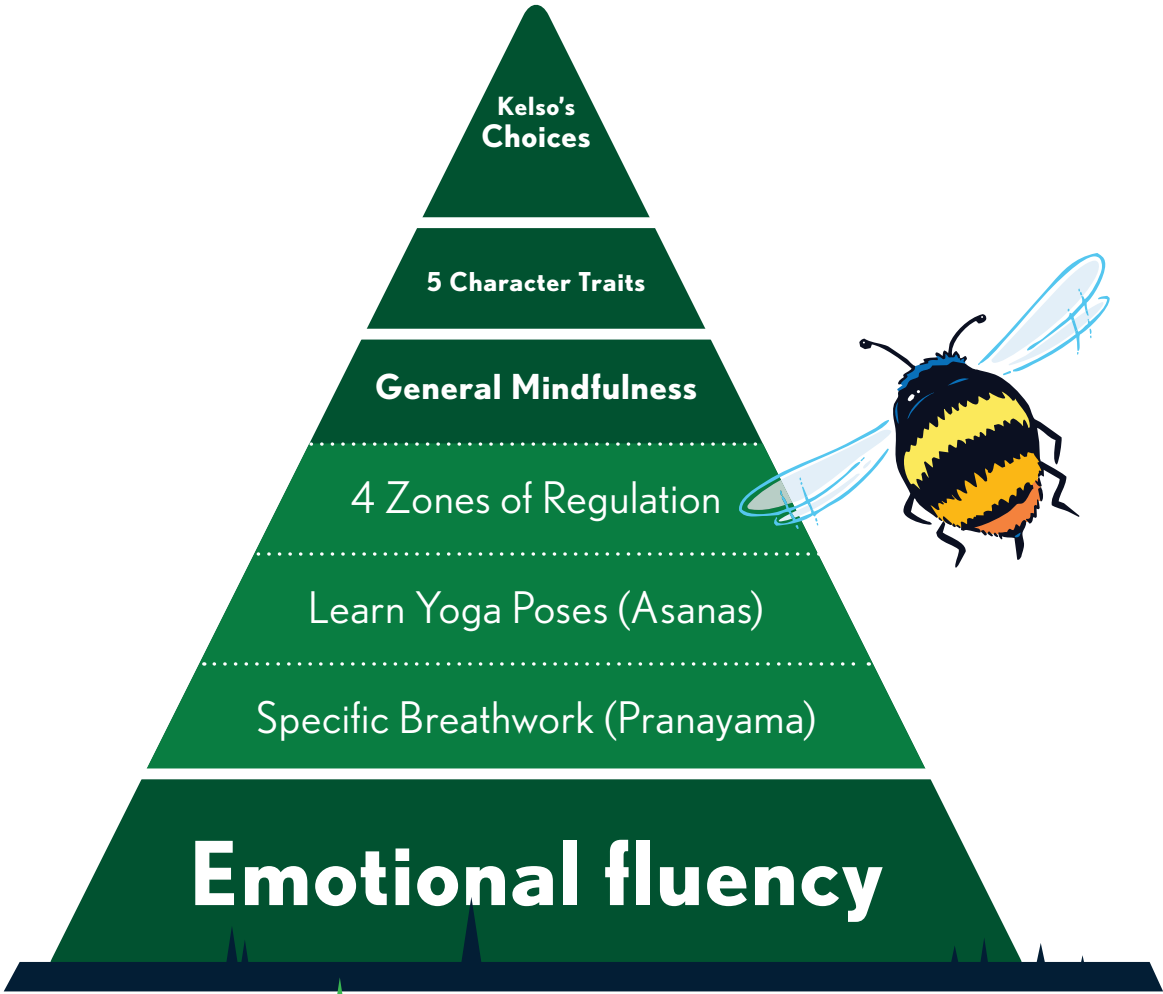
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● — **Start Today!** Read the first story in the "Lily Chooses" storybook.

Program Summary and Benefits

A HOLISTIC APPROACH TO CONFLICT MANAGEMENT

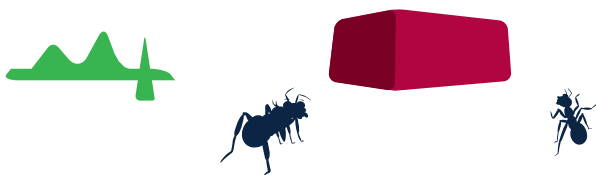
In Kelso's Core Conflict Management Curriculum kit, we lay out nine ways for students to solve small problems on their own. In this new kit, we deep dive a little more and take a holistic approach to include conflict prevention and post-conflict growth. We do this in two ways.

First, by teaching a foundation of emotional regulation built on mindfulness. When students can recognize their own escalating emotional states—and know how to de-escalate—there will be fewer conflicts that need managing.

Secondly, we integrate the 5 Kelso character traits into the conflict management curriculum. Respect, Responsibility, Caring, Fairness, and Honesty are presented as universal expectations. That is to say, we all have a right to expect those behaviors from others, and others have a right to expect them from us. Students who habitually treat others with Fairness, Honesty, Caring, Respect, and Responsibility will also have fewer conflicts that need managing.

Combined, these components can help build an empathetic and compassionate community.

● **Incremental & Consistent:**
Small, easy, daily goals are ideal.



Your students will become as strong as ants!



PROGRAM BENEFITS & OUTCOMES: SELF-REGULATION

EMOTIONAL FLUENCY

Students will develop an emotional vocabulary that allows them to think about and discuss their feelings in a constructive manner.

Students will know that feelings are not bad, it is okay to feel all of their feelings.

Students will understand that they are still responsible for their behavior when they feel bad.

MINDFULNESS

Students will recognize the physical sensations associated with emotions and will notice when their emotions are escalating.

Students will know how to manage their big feelings and de-escalate them.

Students will recognize how others are feeling.

Yoga

Students will develop their mind-body connection with various yoga poses.

Breathwork

Students will practice various breathing techniques with specific uses, including Mindfulness.

CHARACTER BUILDING

Students will understand that they are expected to treat others with Respect, Responsibility, Caring, Fairness, and Honesty.

Students will understand that they have a right to expect Respect, Honesty, Fairness, Caring, and Responsibility from other people.

CONFLICT MANAGEMENT

Students will prevent conflict from arising by regulating their emotions and building strong character.

Students will deepen their command of Kelso's Choices by applying emotional vocabulary, mindfulness, and breathing practices to the nine choices.

Students will experience post-conflict growth after they successfully navigate a conflict in a constructive manner.

Lesson 1: Six Core Feelings

Ready:

Students will discuss the Six Core Feelings, what they look like, sound like, and how they feel physically.

Set:

- Six Core Specific Feeling Cards **Happy, Sad, Angry, Scared, Surprised, and Disgusted** from the Specific Feelings 50-Card Set
- Matrix of Emotion Poster

Note: Physical or Digital versions - see page 31 for Digital Materials access

GO:

Part 1 — Overview

Explain to students that we have many feelings and sometimes those feelings are hard to put into words. Today we are going to talk about the 6 core feelings we all experience.

Happy, Sad, Angry, Scared, Surprised, and Disgusted

- 1: Everybody has all of these feelings sometimes.
- 2: You are allowed to feel ALL of your feelings. It is normal to feel sad or angry sometimes.
- 3: How you act is a choice. It's okay to feel angry, but it's not okay to be mean when you are.
- 4: You are smart enough and strong enough to make good choices no matter what you feel.
- 5: Emotions are like weather. They will come, and they will go.

Part 2 — Discussion

Ask students to quietly recall a time when they felt happy. Call on students to describe the experience.

Happy

Looks like: Smiles

Sounds like: Laughter, "Yay!" "Wow!"

Body Feels like: Warm, fuzzy

Acts like: Dancing

Some "acts like" answers may need to be challenged with questions like:

"Is that helpful?"

"How do you feel when others act that way?"
or "What do you think would happen next?"

This is also an excellent opportunity to use Kelso's Character words: Respectful, Responsible, Caring, Fair and Honest — **RRCFH**.

Example:

"Even if you are angry, it's important to be respectful."

"That's not a fair thing to say."

"Even if you are scared, honesty is still best."

Repeat this process for the remaining 5 feelings.

Sad, Angry, Scared, Surprised, and Disgusted

FINISH LINE:

- Students recognize that everyone feels these same feelings.
- Students understand that all of their feelings are okay and that they aren't good or bad.
- Students understand that it is not okay to be mean, disrespectful, unfair, or dishonest because you feel sad, or mad, or bad.

Lesson 2 – Small Feelings vs BIG Feelings

CONTENT Small Feeling



Basic Emotion: Happiness

HAPPY Core Feeling



Basic Emotion: Happiness

ECSTATIC BIG FEELING



Basic Emotion: Happiness

DISAPPOINTED Small Feeling



Basic Emotion: Sadness

SAD Core Feeling



Basic Emotion: Sadness

GRIEF BIG FEELING



Basic Emotion: Sadness

ANNOYED Small Feeling



Basic Emotion: Anger

ANGRY Core Feeling



Basic Emotion: Anger

FURIOUS BIG FEELING



Basic Emotion: Anger