

# Classroom Guidance Lessons

## 2nd Grade

### *Unit 1: Self-Awareness & Self-Management*

#### Unit Questions

1. How do we categorize feelings?
2. How do we manage our feelings?

#### CASEL Standards (CASEL.org)

Self-awareness: The ability to accurately recognize one's emotions and thoughts and their influence on behavior. This includes accurately assessing one's strengths and limitations and possessing a well-grounded sense of confidence and optimism.

Self-management: The ability to regulate one's emotions, thoughts, and behaviors effectively in different situations. This includes managing stress, controlling impulses, motivating oneself, and setting and working toward achieving personal and academic goals.

**Lesson 1** - We will begin to discuss The Zones of Regulation and how we can describe how we are feeling. The Zones of Regulation encourages students to think about their energy levels. We will then read Visiting Feelings and have an opportunity to discuss the many feelings we experience.

**Lesson 2** - The students will focus on the Blue Zone and how this zone feels in our bodies. Life without Nico, a story of a friend who moves away, will help students think about low energy feelings, such as sadness. The class will then brainstorm strategies to use when we are in the blue zone.

**Lesson 3** - When we are feeling some extra energy in our body we might be in the yellow zone. There are different feelings that can cause us to be in this zone. While reading Wilma Jean the Worry Machine, students will think about what it feels like when we are worried and what calming strategies can be helpful.

**Lesson 4** - As we wrap up the Zones of Regulation, we will read Angry Octopus and discuss the Red Zone. This lesson will also focus on strategies that can be used in any zone.

#### Books

Visiting Feelings

by Lauren Rubenstein

Life Without Nico by

Andrea Maturana and  
Francisco Olea

Wilma Jean the Worry Machine

by Julia Cook

Angry Octopus

By Lori Lite

#### Unit Vocabulary

Green Zone - When a person has the ideal amount of energy (calm, happy, focused)

Blue Zone - When someone has a low amount of energy (sad, tired, sick, bored)

Yellow Zone - When a someone has a little extra energy (stress, frustration, excitement, worry, silliness)

Red Zone - When a someone has a high amount of energy (anger, panic, out of control)

Strategy - calming tool used to self-regulate

**Casey Leary**

**School Counselor**

**Boyden Elementary School**

**508-660-7216 x 5434**

**Twitter - @WalpoleESC**