

# Classroom Guidance Lessons

## 3rd Grade

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

#### Unit Questions

1. What does an emotion feel like in our body?
2. Do we all experience emotions in the same way?
3. What can we do to move between zones?

#### 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 start the year with a review of the Zones of Regulation (<http://www.zonesofregulation.com>). The Zones provide tools to describe and manage feelings. We will then work as a class to identify parts of our body that might give us and others clues about how we are feeling (head, stomach, hands, mouth, eyebrows). We will end with some sharing about times when students are in the Green Zone.

**Lesson 2** - For the 2nd lesson, the students will think about the Blue Zone and the clues our bodies produce when we are sad or lonely. Students will then discuss differences in how we each experience emotions. At the end, we will brainstorm strategies that could help when we are in the Blue Zone.

**Lesson 3** - As we continue to move through the Zones, students will share how it feels in the Red Zone. After sharing, the class will work together to update the strategy list while practicing some of these calming tools.

**Lesson 4** - To finish up the unit, students will discuss the Yellow Zone and then play a Zones game. We will finish with more conversations about strategies and calming tools.

#### 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

Progressive Muscle Relaxation - Progressive Muscle Relaxation (PMR) is a relaxing and effective technique for reducing overall body tension. This simple technique involves tensing and relaxing all of the major muscles in your body in order from your head to your feet

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