

GRADES K-6

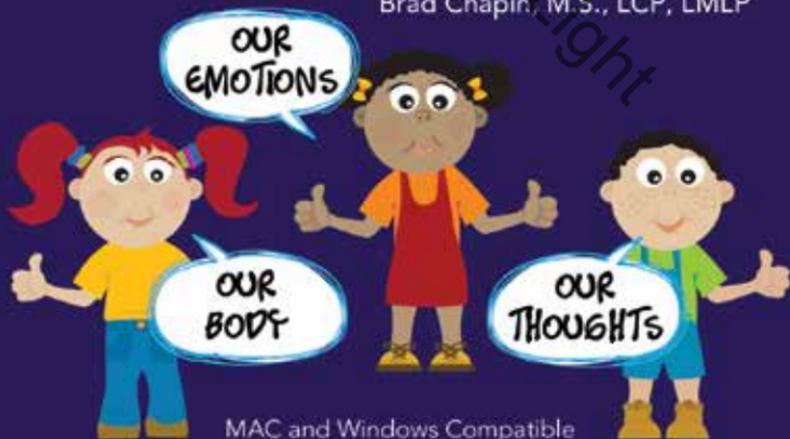
For Digital White Boards
and Computers



TEACHING SELF-REGULATION TO CHILDREN

THROUGH INTERACTIVE LESSONS

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MAC and Windows Compatible

An Official "SMART" Guidance Product



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INTRODUCTION AND OVERVIEW

Teaching Self-Regulation to Children through Interactive Lessons is a collection of ten engaging and educational guidance lessons designed to be used with the interactive whiteboards found in today's 21st century classrooms. Get ready to energize, excite, and engage your students for learning with these 10 new "SMART" Guidance lessons which can be used with classes, small groups, or with individuals. The interactive lessons teach children a framework of self-regulation skills that will help them manage their body, their feelings, and their thoughts. Unlike the lessons available in other SMART Guidance products, the self-regulation lessons must be taught in the order they are arranged on this DVD. Learning to regulate the body must always come first, followed by the emotional self-regulation skills and, finally, the cognitive self-regulation skills. The lessons include:

1. What Is Self-Regulation?
2. Our Body: Physical Strategies to Help Us Calm Down, Part 1
3. Our Body: Physical Strategies to Help Us Calm Down, Part 2
4. Our Emotions: Emotional Strategies to Help Us Manage Our Feelings, Part 1
5. Our Emotions: Emotional Strategies to Help Us Manage Our Feelings, Part 2
6. Our Thoughts: Cognitive Strategies to Help Us Manage Our Thoughts, Part 1
7. Our Thoughts: Cognitive Strategies to Help us Manage Our Thoughts, Part 2
8. Our Thoughts: Cognitive Strategies to Help us Manage Our Thoughts, Part 3
9. Our Thoughts: Cognitive Strategies to Help us Manage Our Thoughts, Part 4
10. Our Thoughts: Cognitive Strategies to Help us Manage Our Thoughts, Part 5

If you don't have access to an interactive whiteboard, "SMART" Guidance will work just fine on a desktop or laptop computer. If you opt to use it on your computer, simply point and click rather than touch and drag.

The lessons in "SMART" Guidance were not designed to stand alone by themselves. Instead, we hope you will use each lesson as a springboard for a more comprehensive and fully realized lesson involving practicing the strategies learned and traditional paper and pencil extension activities that may already be at your disposal.

TEACHING SELF-REGULATION TO CHILDREN



Hello! I'm the SMART Guide.
I'm here to help. Whenever you
see me, click on my thoughts
for further instructions.
Go ahead and click!



Download the
Complete Lesson
Plan Guide



INTRO



OUR BODY



OUR BODY



OUR EMOTIONS



The "SMART" Guidance program runs in a self-contained Flash Projector. It should automatically start when the CD is inserted into the drive. If it does not, explore the contents of the CD and open the MainMenu application file.

- At the main menu, click the PDF button to download the complete lesson plan guide or click the 'Download Lesson Plan' link at the bottom of each lesson to download that lesson plan.
- Use the up and down arrows in the bar to the right to scroll through the 10 lessons.
- Click a lesson button to display a larger image on the whiteboard.
- Click anywhere on the whiteboard to navigate to the lesson you selected.
- Return to the main menu by clicking on the 'Main Menu' link at the bottom of each lesson.

WHAT IS SELF REGULATION?



OVERVIEW

Get your students motivated and excited with this introductory lesson that will orient them to the framework of skills and behaviors known as self-regulation! Students will gain some basic background knowledge about physical, emotional, and cognitive self-regulation skills to set the foundation for the other nine lessons that follow. Use the optional extension activity to reinforce the lesson and to get your students talking about self-regulation at home.

SELF-REGULATION: OUR BODY

Physical Strategies To Help Us Calm Down **PART 1**



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PLAY FULL SCREEN

MAIN MENU

LESSON PLAN

www.youthlight.com

OVERVIEW

Now that you've introduced your students to the idea of self-regulation, it's time to start them on their journey. Through a series of animated sequences and discussions, students will learn their first two physical self-regulation strategies – Melting Freeze and Warning Signs! This lesson will get your students on the right track to notice when their body is getting upset and what to do about it.

SELF-REGULATION: OUR BODY

Physical Strategies To Help Us Calm Down **PART 2**



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PLAY FULL SCREEN

MAIN MENU

LESSON PLAN

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OVERVIEW

Now that your students have learned some physical self-regulation strategies, it's time to expand their knowledge with three more! With controlled, deep breathing, your students will learn to **COOL THE FLAME** of anger while **ANIMAL STRETCHES** will help your students relax their major muscle groups. By visualizing themselves in their **SAFE PLACE**, your students will quickly become masters of physical self-regulation!

SELF-REGULATION: OUR EMOTIONS

Emotional Strategies To Help Us Manage Our Feelings **PART 1**



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MAIN MENU

LESSON PLAN

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OVERVIEW

Advance your students' knowledge of self-regulation with this first look at emotional self-regulation strategies! By learning to identify feelings with a variety of words and understanding that our feelings can "fill us up" inside, your students will be on their way to mastering the art of regulating their emotions in healthy, appropriate ways.

SELF-REGULATION: OUR EMOTIONS

Emotional Strategies To Help Us Manage Our Feelings **PART 2**



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MAIN MENU

LESSON PLAN

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OVERVIEW

Your students have already taken their first step toward learning a variety of emotional self-regulation strategies, but they will learn three more in this interactive and engaging lesson! Students will learn to untangle their emotions so they can talk about them in positive, healthy ways using I Messages.

SELF-REGULATION: OUR THOUGHTS

Cognitive Strategies To Help Us Manage Our Thoughts **PART 1**



Are you able to calm your body using Physical Self-Regulation Strategies?



Are you able to name your emotions, own them, and talk about them in healthy ways?

Now, on to Cognitive Self-Regulation Strategies!



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PLAY FULL SCREEN

MAIN MENU

LESSON PLAN

www.youthlight.com

OVERVIEW

Now that your students have learned a variety of physical and emotional self-regulation strategies, it's time to introduce them to the more challenging cognitive self-regulation strategies. By helping your students learn how to avoid "getting hooked" by the behaviors of others, they will begin to "respond" instead of "react." Students will also learn to use softer words in their thinking instead of extreme words like "terrible, awful, and horrible."

SELF-REGULATION: OUR THOUGHTS

Cognitive Strategies To Help Us Manage Our Thoughts **PART 2**



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LESSON PLAN

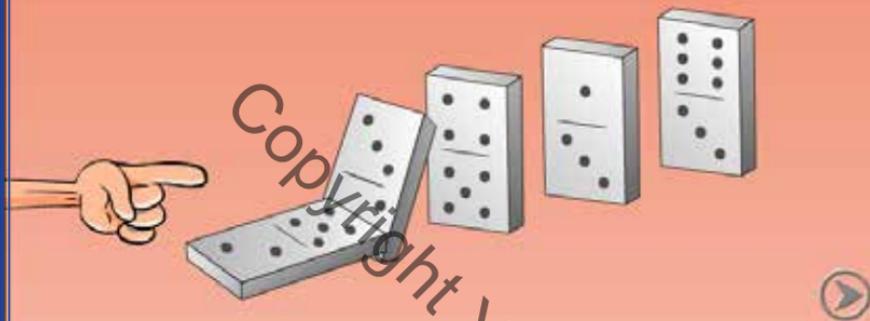
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OVERVIEW

Students of all ages are always looking for ways to earn more personal freedom for themselves. However, many students get caught in the “defiance trap” by trying to take more personal freedom by breaking rules and choosing thoughts and behaviors that are not helpful. By helping your students choose helpful thoughts and behaviors, they will learn more appropriate ways to earn personal freedom and avoid the defiance trap!

SELF-REGULATION: OUR THOUGHTS

Cognitive Strategies To Help Us Manage Our Thoughts **PART 3**



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MAIN MENU

LESSON PLAN

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OVERVIEW

Advance your students' knowledge of cognitive self-regulation strategies by introducing them to the Domino Effect! Help your students understand how one unhelpful choice or behavior can often lead to a chain reaction of unpleasant events. By using cognitive self-regulation strategies, your students can stop the Domino Effect and enjoy more positive outcomes!

SELF-REGULATION: OUR THOUGHTS

Cognitive Strategies To Help Us Manage Our Thoughts **PART 4**



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LESSON PLAN

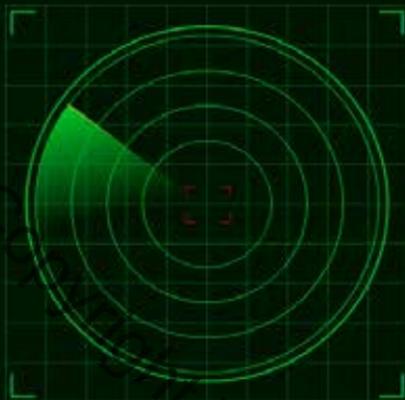
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OVERVIEW

When we focus on unhelpful, unhealthy thoughts and disappointing events in our lives, the unhealthy beliefs we have about ourselves get stronger and stronger. Teach your students to focus on healthy, helpful thoughts in order to change the unhealthy beliefs we have about all sorts of things – ourselves, others, and our world.

SELF-REGULATION: OUR THOUGHTS

Cognitive Strategies To Help Us Manage Our Thoughts **PART 5**



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PLAY FULL SCREEN

MAIN MENU

LESSON PLAN

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OVERVIEW

In this final lesson, you will teach your students to master the art of the radar! Using Stressor Detection Radar, your students will learn to identify the different stressors in their life and how to prioritize them in order of intensity, importance, or amount of work involved. Using problem-solving skills, your students will develop a plan to help them respond to or handle different stressors in healthy, appropriate ways.

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- Melting Freeze
- Animal Movements
- Cooling the Flame
- Name your Emotions
- Emotional Rain Gauge
- Emotional Knot
- Don't Take the Bait
- Defiance Trap
- Domino Effect
- Magnetic Thoughts

Windows and MAC compatible