

Core Competencies-Personal Awareness and Responsibility Gr1 Lesson 2 – Emotions and Self Care

Curriculum: Core Competencies-Personal Awareness

Learning Goals:

- Understand that everyone has emotions and have strategies to be self-aware
- Use language to express needs and seek help when needed

Materials:

- The Little Hummingbird. By Michael Nicoll Yahgulanaas. <https://youtu.be/OaMFM522lq0>

Activities:

Watch “The Little Hummingbird”

- Who is the main character in the story?
- What is the setting of the story?

Think, turn, tell your grown up:

- How does the hummingbird feel during this emergency? (*brainstorm emotion words)
- How do the other animals feel during this emergency?
- Do you feel any connections between the hummingbird and yourself in the pandemic?

With your grown up, make a list of things you can do/strategies you can use when feeling upset or stressed.

When asked what he is doing, the hummingbird answers “I’m doing what I can”.

For each day of the week, try to do something that will help you and those around you stay healthy and safe.

- Try a yoga practice. <https://youtu.be/dF7O6-Qablo>
- Try belly breathing (especially if you’re feeling upset) https://youtu.be/_mZbzDOpylA

Here is how to do it:

- Put your hands on your tummy
- Focus your attention on your breathing

- Take a breath that makes your tummy move out when you breathe in, and in when you breathe out
- Breathe in slowly through your nose. Breathe out slowly through your mouth.

It is like smelling some delicious hot chocolate and blowing on it to cool it down! Your breathing should be so quiet you can hardly hear it.