

Core Competencies: Personal Awareness - Exploring Emotions: Calm

Curriculum: Core Competency – Personal awareness & responsibility (Self-regulation & Well-being)	Learning Goals: -Student will learn to recognize emotions by exploring feelings -Student will learn and use strategies to help manage feelings and emotions -Student will learn strategies to find peace in stressful times
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Materials

-Book: I Am Peace by Susan Verde
<https://www.youtube.com/watch?v=hXA3837uv3w>

Activities



-What does calm mean? Calm can be described as being under control, free from disturbance, and peaceful.

-What other words can you think of that mean the same things as calm (e.g. peace)?

-Listen to [I Am Peace by Susan Verde](#)

-Use your five senses to describe what being calm means to you.
What does calm... Look like? Sound like? Feel like? Smell like? Taste like?

-What are the things that make you feel relaxed and at peace?

Extension:

-Name a situation where it would be important to be calm. What could you do to ensure that you remained calm during this situation?