

Core Competencies: Personal Awareness - Exploring Emotions: Calm

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| 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 remain calm. If you were already calm, how would you remain feeling this way? If you were not calm, what strategies could you use to become calm?