

Lesson Overview

Tame Tantrums with Mumbo

CASEL Standards:

SELF-AWARENESS: The abilities to understand one's own emotions, thoughts, and values and how they influence behavior across contexts. This includes capacities to recognize one's strengths and limitations with a well grounded sense of confidence and purpose.

Academic Standards:

CCSS.ELA-LITERACY.W.K.8

CCSS.ELA-LITERACY.W.1.8

With guidance and support from adults, recall information from experiences or gather information from provided sources to answer a question.

CCSS.ELA-LITERACY.W.2.8

Recall information from experiences or gather information from provided sources to answer a question.

Objective:

Use self-awareness to connect thoughts with emotions and actions.

Essential Questions:

How can I recognize my thoughts and calm down before I have a tantrum?

I Can:

I can recognize my thoughts and calm down before I have a tantrum.



Mindful Teaching Tips

Teachers, students may become overly excited while making whooshing noises. Gently remind students that the whooshing noise is to help release the energy rather than create it! Have students close their eyes while practicing this technique to help students remain calm. You may also have to remind students that it is not a competition to see who can breathe out the loudest!

Teaching Transcript

Before You Listen

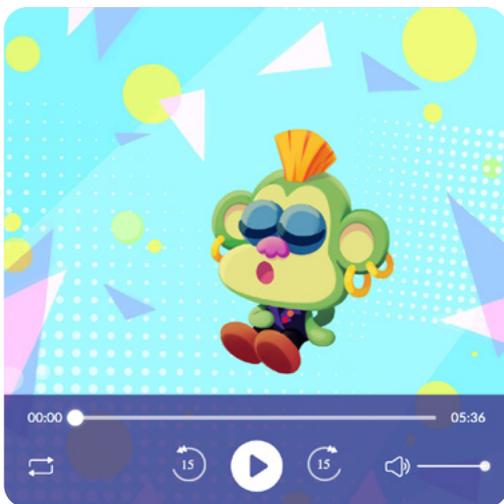
Mumbo is a Punky Monkey who has learned how to calm down before he gets mad and acts out. Mumbo sometimes has a bit too much energy and can also lose his temper.

- What happens when you have too much energy?
- What happens when you lose your temper?
- What are some things that cause you to get mad or angry?

After You Listen

When Mumbo is about to get angry, he stops and takes a moment to calm down. Mumbo sits, closes his eyes, and breathes deeply and slowly. When Mumbo breathes out, he makes a whooshing noise.

Have students practice quietly breathing in and then making a whooshing noise as they exhale. Tell students it is okay to be loud when breathing out. For some added fun, have students say words or phrases as they breathe out like “good-bye anger” or “keep calm”.



Home Time Activity

Next time you feel yourself about to bubble over with frustration or anger, think of Mumbo and take a moment to stop, close your eyes, and breathe. Feel your body relax and when you are ready, use your words to express your feelings.

Last time you got too upset, how would it have been different if you calmed down first?

By yourself, or with help from a family member, write down what you could do next time you feel too upset.

Weekly Theme Card

Keeping your cool is super cool when you are upset. It is important to recognize that you need to calm down before you lose your temper for both children and adults.

People feel angry for lots of different reasons: when we lose our patience, feel as if our opinion doesn't matter, don't feel appreciated, or think an injustice has occurred.

Next time you feel angry, do like Mumbo and breathe deeply. While you are breathing think about why the situation made you feel angry. Then share with your family member instead of throwing a tantrum.

How did using your words differ from getting too upset?

