

Lesson Overview

Tame Tantrums with Mumbo

CASEL Standards:

SELF-AWARENESS: The ability to accurately recognise one's own emotions, thoughts, and values and how they influence behaviour. The ability to accurately assess one's strengths and limitations with a well-grounded sense of confidence and optimism.

Academic Standards:

National Curriculum in England - English Programmes of Study:

Spoken Language – Statutory Requirements:

Pupils will use spoken language to develop understanding through imagining and exploring ideas.

Pupils will listen and respond appropriately to adults.

Pupils will give well-structured descriptions for different purposes, including for expressing feelings.

Reading Comprehension – Statutory Requirements:

Pupils will also develop pleasure in reading, motivation to read, vocabulary and understanding by listening to and expressing views about a story at a level beyond that at which they can read independently.

Writing – Statutory Requirements:

Pupils will compose their sentences orally before writing them down.

Objective:

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

Curriculum:

This lesson is part of a well-designed curriculum that builds SEL skills sequentially. Students will continue to improve their self-management and self-awareness as well as other SEL skills in other short, high-quality lessons. During these lessons in which pupils are active participants, pupils will explicitly be taught why these improved SEL skills are so valuable.

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

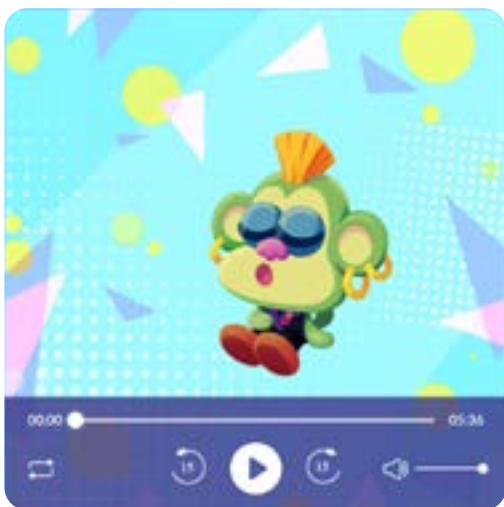
Mumbo is a Punky Monkey who has learned how to calm down before he gets mad and acts out. Mumbo sometimes has a bit too much energy and can also lose his temper.

- 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?

