

# Lesson Overview

## Topsy Turvy's Time for Calm

### **CASEL Standards:**

**SELF-MANAGEMENT:** The abilities to manage one's emotions, thoughts, and behaviors effectively in different situations and to achieve goals and aspirations. This includes the capacities to delay gratification, manage stress, and feel motivation & agency to accomplish personal/collective goals.

### **Academic Standards:**

Common Core English/Language Arts Standards:

CCSS.ELA-LITERACY.SL.3.2

CCSS.ELA-LITERACY.SL.4.2

CCSS.ELA-LITERACY.SL.5.2

Determine the main ideas and supporting details of a text read aloud or information presented in diverse media and formats, including visually, quantitatively, and orally.

### **Objective:**

Use self-management skills to manage stress.

### **Essential Questions:**

How can I manage my stress?

### **I Can:**

I can manage my stress.

## Mindful Teaching Tips

Having time to gather your thoughts is important for people of all ages. Building positive coping skills is essential as children grow and mature. Writing helps to reduce anxiety about things that cause you stress. It helps people process their thoughts and puts them on a page in a more concrete way which is why physically tearing them up helps them disappear.

Encourage children to write about their stressful day or an anxious experience to help manage their emotions and reduce stress.



# Teaching Transcript

Today we will venture to Flippity Trip Farm to meet a Tardy Timer Moshling named Topsy Turvy. Sometimes Topsy Turvy feels upside down with all of his emotions and needs to take a few minutes to calm down. When this happens, he sits down, closes his eyes, and takes a few deep breaths.

- What causes you to feel stressed?
- What happens when your emotions become out of control?

## After You Listen

Topsy Turvy asked us to think of animals that started with the letter A, like alligator and aardvark, then B. With a partner, come up with animal names from A to Z. Don't worry! If you can't think of an animal with a certain letter, just make up a silly animal name.

## Home Time Activity

Just like Topsy Turvy did on the Farm, come up with other places where you can list things from A to Z. Maybe it could be your bedroom with a chest full of toys? Or the kitchen with a refrigerator full of food and items in the cabinets? Or maybe just a list of all your favorite words?

You can list the items aloud or take time to write them down. Make a drawing to go with your lists or just have fun coming up with new ones!

## Weekly Theme Card

With each breath in and out, Topsy Turvy pictured all the sadness leaving his body and vanishing. Each day this week, write down one stress or worry on a sheet of paper.

Then rip up the paper and make the worry or stress literally disappear by throwing the ripped paper in the trash can.

Have a set of index cards available for your child to write down a stress or worry at any time and release it to the garbage can.

