

My Social Connections

 45-minutes



Objectives:

- Build social connections and relationships in the classroom.
- Provide opportunities for children to engage, socially interact, and develop connections with their teacher and peers.
- Practice assertive communication methods using the “dolphin, tiger, and jellyfish” metaphors.



I Can Statements:

- I can use healthy **communication** to share my thoughts, emotions, and ideas.
- I can build healthy relationships by **connecting with others**.

Mindful CHECK - IN

Create

- **Show** students how to make the Flip Face
- **Encourage** experimentation with details on the face.



Communicate

- **Invite** students to orient the Face to show if they are feeling positive, stressed or sad.
- **Ask** them why they are feeling that way? Thank them for sharing.



5-minutes

Check-in's help gauge emotions & knowledge; they help develop:



CQ Skills:

- Creativity
- Collaboration

SEL Skills:

- Emotional Awareness

PLAY



Imagine

- **Invite** students to act like
 - ...a tiger (aggressive) ...a jellyfish (passive with a sting)
 - ...a dolphin (kind, playful, communicative, and swim in pods)
- Pause after each animal and **discuss** its characteristics.
- **Ask** "Have you ever acted like a tiger, a jellyfish or a dolphin? What did you do? How were you feeling?"

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15-minutes



CQ Skills:

- Communication
- Collaboration
- Critical Thinking

SEL Skills:

- Emotional Awareness

My Social Connections



45-minutes

PLAY

Reflect

- **Say**, "False alarms make us feel like we have to FIGHT like a tiger, or HIDE what we feel like a jellyfish. When we FIGHT or HIDE, are we acting like a friend?"
- **Explain** that when we calm our **stress-response**, we can **communicate** like dolphins."
- **Discuss** how using words to share our emotions lets us **connect with others**.
- **Ask** "How does connecting with others make you feel?"

OTHERS

Kind Words Activity

- **Brainstorm** words or phrases that let us connect to others.
 - (younger students) sorry, please, excuse me, thank you, I feel..., are you okay?, good job!
 - (older students) I feel frustrated when you..., Thank you for ..., Can I help you?, You can do it!

Create

- Make a poster as a whole group (younger students) or with a partner (older students)



15-minutes



CQ Skills:

- Communication
- Collaboration
- Critical Thinking

SEL Skills:

- Emotional Awareness
- Social Connection

DOWNTIME



Gratitude Notes

- **Assign** each student to another. **Ask** them to make a note or a picture for the student saying something kind to them.
- **Share** the notes.



Discussion: Use these questions to engage your students further...

- How do my friendships help me feel STRONG, SMART and HAPPY?
- How does remembering good times with friends help me relax?



10-minutes

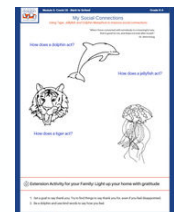


Brain Science Fact:

"Feeling grateful for what you have in life shuts down your stress response."

-Dr. Shimi Kang

USE THIS WORKSHEET WITH THIS LESSON PLAN



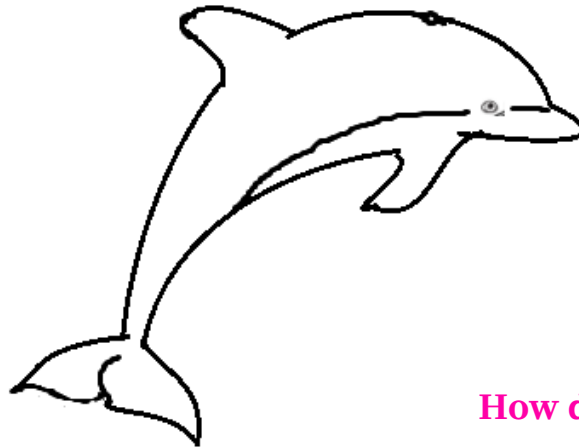
My Social Connections

Using Tiger, Jellyfish and Dolphin Metaphors to improve social connections

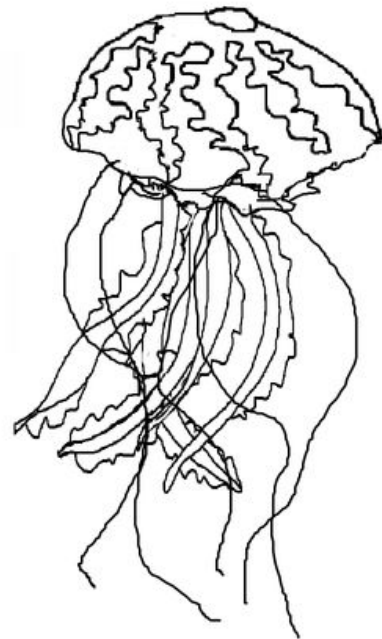
"When I have connected with somebody in a meaningful way, that is good for me, and helps me look after myself."

-Dr. Shimi Kang

How does a dolphin act?



How does a jellyfish act?



How does a tiger act?



Extension Activity for your Family: Light up your home with gratitude

1. Set a goal to say thank you. Try to find things to say thank you for, even if you feel disappointed.
2. Be a dolphin and use kind words to say how you feel.