

# Half Smile: How To Keep Yourself Resilient

Grade 1 – Health and Physical Education



## Lesson Details

<b>Grade Level:</b>	1	<b>Curriculum Links:</b>	Health and Physical Education	<b>Time Needed:</b>	45 minutes
<b>Learning Goal</b>	To understand the importance of a half smile, how this small change can improve the student's feelings and behaviour, and how the half smile is related to turtles.				
<b>Success Criteria</b>	By the end of this lesson, students will understand that a half smile can be an easy way to trigger your mind to think more positively and change your behaviour. Students will also have completed an activity related to emotions.				
<b>Specific Expectations</b>	<p><i>Identification and Management of Emotions</i></p> <ul style="list-style-type: none"> <li>Apply skills that help them identify and manage emotions as they participate in learning experiences in health and physical education, in order to improve their ability to express their own feelings and understand and respond to the feelings of others.</li> </ul> <p><i>Positive Motivation and Perseverance</i></p> <ul style="list-style-type: none"> <li>Apply skills that help them develop habits of mind that support positive motivation and perseverance as they participate in learning experiences in health and physical education, in order to promote a sense of optimism and hope.</li> </ul>				
<b>Materials Needed</b>	Worksheet (Attached), Pencil, Crayons, Pencil Crayons, Markers.				

## Lesson Description

<b>Overview</b>	Through a group discussion about emotions, the students will colour in the worksheet and add in details related to their feelings.
<b>Activity</b>	<ol style="list-style-type: none"> <li>To begin, discuss with the students what a half smile is and how it relates to turtles. Continue the discussion by telling the students what a half smile can do for their own emotions and behaviour.</li> <li>In a circle, or individually, ask the students to remember a time when they felt sad, angry, or upset. Distribute first page of the attached worksheet and have the student's colour in the image of the beach. Students should add in any additional characters, symbols, and choose the weather that best fits how they are feeling in the moment (e.g. rain, a sad person, dark colours, etc.).</li> <li>Next, tell the students to put on a half smile, then ask if they notice a change in their emotions (even a tiny bit).</li> <li>Distribute the second page of the attached worksheet and ask the students to keep their half smile on when they colour the worksheet again. The students should include characters, symbols, and weather that reflects their new emotions (e.g. rainbow, sunshine, butterfly, puppy, flowers, friends, family, bright colours, etc.).</li> </ol>
<b>Background Information</b>	<p>The mouth of a turtle is called a beak. Most of Ontario's turtles have a natural smile because of the shape of their beaks, but especially the Blanding's turtle; it looks like it is always smiling because of the yellow throat.</p> <p>Sometimes when we feel sad or upset for a long period of time, it can be hard to change our feelings. Putting on a half-smile, just like a turtle, is a really easy way to trigger your</p>

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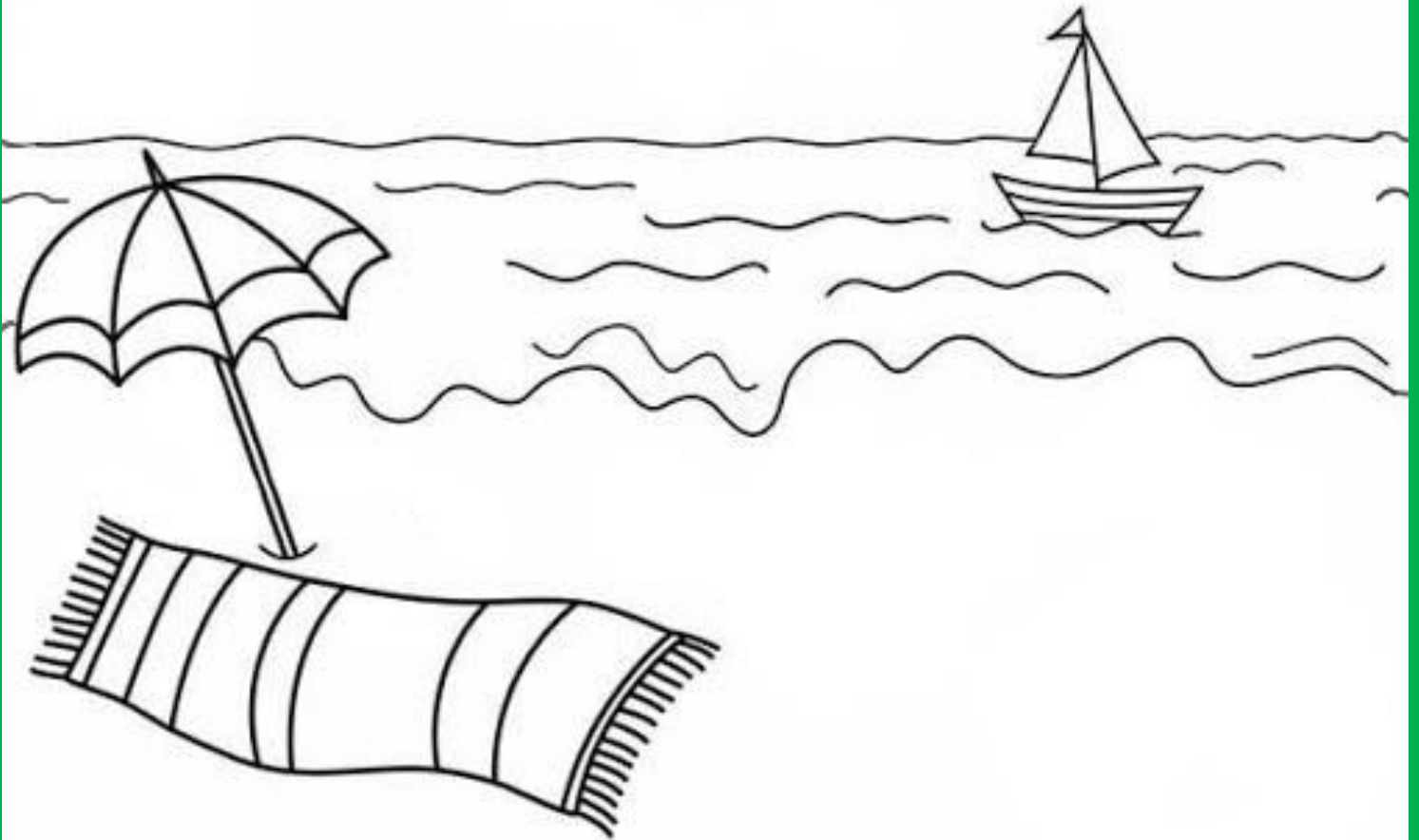
	<p>mind to think more positive thoughts and to feel better.</p> <p>Part of this lesson is taken from skills and training related to Dialectical Behaviour Therapy which was developed by Marsha Lineman.</p>
<b>Blacklist Masters</b>	<ul style="list-style-type: none"> <li>• Worksheet (attached)</li> <li>• Video Link(s): <a href="#">Mental Health and Turtles</a></li> <li>• For more information, please visit <a href="https://www.turtleguardians.com/sample-page/id-turtles/blandings-turtle/">https://www.turtleguardians.com/sample-page/id-turtles/blandings-turtle/</a></li> </ul>
<b>Place-Based Learning</b>	<p>When discussing happy emotions, ask the students to think of places in their community that make them happy. Is it a park, a community centre, a garden? Why does it make them happy?</p>
<b>Inquiry-Based Learning</b>	<p>Using <b>Confirmation Inquiry</b>, the students will complete the attached worksheet and reflect upon their emotions.</p> <p>Ask the students:</p> <ul style="list-style-type: none"> <li>• What is a half smile?</li> <li>• How can a half smile change your emotions and behaviour?</li> <li>• Where is your happy place? Why is it your happy place?</li> </ul>
<b>Turtle Stories</b>	<p>After the lesson, have the students go on a walk around their community and make note of things in the area that make them happy. Students are encouraged to share their experience, pictures, and worksheets on the Turtle Stories website, found here: <a href="https://www.turtlestories.ca/">https://www.turtlestories.ca/</a></p>
<b>Turtle Guardian Program Links</b>	<p>In <b>Level 1</b> (Ontario Turtle Identification) of the <b>Turtle Guardian Program</b>, students will learn how to identify all 8 species of Ontario's turtles. For more information, please visit <a href="https://www.turtleguardians.com/what-is-a-turtle-guardian/">https://www.turtleguardians.com/what-is-a-turtle-guardian/</a></p>

## My Notes



# Half Smile: How To Keep Yourself Resilient

Colour in the image of the beach. Add in characters, symbols, and weather that reflects the sad, angry, and upset emotions you are feeling.





# Half Smile: How To Keep Yourself Resilient

Colour in the image of the beach. Add in characters, symbols, and weather that reflects the happy and good emotions you are feeling.  
Don't forget to colour in the Blanding's Turtle!

