

Riding the Waves

Grade 4 – Health and Physical Education



Lesson Details

Grade Level:	4	Curriculum Links:	Health and Physical Education	Time Needed:	45 minutes
Learning Goal	To learn how to calm yourself during a moment of emotional distress.				
Success Criteria	By the end of this lesson, students will have practiced the TIPP method for calming down during a moment where emotions can become overwhelming.				
Specific Expectations	<p><i>Identification and Management of Emotions</i></p> <ul style="list-style-type: none"> 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. <p><i>Stress Management and Coping</i></p> <ul style="list-style-type: none"> Apply skills that help them to recognize sources of stress and to cope with challenges, including help-seeking behaviours, as they participate in learning experiences in health and physical education, in order to support the development of personal resilience. 				
Materials Needed	Activity Instructions (attached).				

Lesson Description

Overview	When experiencing strong emotions, we can often become very overwhelmed which makes it hard to calm down. Students will learn the TIPP method for relaxing during an emotional crisis.
Activity	<ol style="list-style-type: none"> Ask the students if they've ever been in an emotional crisis before (E.g. nervous before a sports game, nervous before a test, lost at the mall, etc.). additionally, ask what the students did to calm themselves. Introduce the students to the TIPP method of calming oneself. As a group, practice each stage of the TIPP method.
Background Information	<p>TIPP is designed to bring oneself down from a high emotional state. TIPP stands for Temperature, Intense exercise, Paced breathing, and Paired muscle relaxation. During an emotional moment, students are encouraged to practice one or more stages of TIPP to help them relax and become more level-headed. For a complete outline of the TIPP stages, please refer to the attached Activity Instructions.</p> <p>Part of this lesson is taken from skills and training related to Dialectical Behaviour Therapy which was developed by Marsha Linehan.</p>
Blacklist Masters	<ul style="list-style-type: none"> Activity Instructions (attached) Video Link(s): Mental Health and Turtles For more information, please visit https://www.turtleguardians.com/
Placed-Based Learning	The environment in which one is surrounded by can greatly impact our emotions. During this activity, students are encouraged to spend time outdoors in order to connect with nature and become more level-headed.
Inquiry Based Learning	Using Confirmation Inquiry , the students will work together through a series of stages to help them learn how to calm down during a state of emotional distress.

Lesson Description

	Ask the students: <ul style="list-style-type: none">• What is TIPP?• What causes stress in your life?• What do you do to calm down during a moment of stress?
Turtle Stories	The first few moments of a turtle's life can be quite stressful if their nest was laid on a road shoulder. You can help to relieve some stress by building a nest cage protector to keep the turtle nest safe. Students are encouraged to share their experience and pictures on the Turtle Stories website, found here https://www.turtlestories.ca/
Turtle Guardian Program Links	After completing Level 1 (Ontario Turtle Identification) of the Turtle Guardian Program , students can move onto Level 2 (Wetland Watchers). In this level the students learn the importance of protecting, and how to protect turtle nests. They then can become official nest sitters (when accompanied by an adult) and learn how to build a nest cage protector. For more information, please visit https://www.turtleguardians.com/what-is-a-turtle-guardian/

My Notes

T.I.P.P Stages

Walk the students through the following stages and do some of their suggestions/the provided examples as a group.

TEMPERATURE

When we're upset, our bodies often feel hot. To counter this it's important to lower body temperature as this will help to cool you down – both physically and emotionally.

Ask the students what they can do to cool off when upset.

Examples:

- Splash your face with cold water
- Hold an ice cube
- Go into a car or house and let the cold air of an air conditioner cool your body

INTENSE EXERCISE

Do intense exercise to match the intense emotions you are feeling. Increasing oxygen flow helps decrease stress levels, plus it's hard to stay upset when exhausted.

Ask the students what quick exercise's they enjoy.

Examples:

- Sprint down to the end of a street
- Jump in a pool and swim a few laps
- Do jumping jacks until tired

PACED BREATHING

Even something as simple as controlling your breath can have a profound impact on reducing emotional stress. There are many different types of breathing exercises. Steady breathing reduces your body's fight or flight response.

Ask the students if they are familiar with any breathing exercises.

Examples:

- **Box Breathing:** Take in air for 4 seconds, hold it in for 4 seconds, breathe it out for 4 seconds, hold for 4 seconds, and repeat
- **4-7-8:** Exhale completely through your mouth making a whoosh sound. Close your mouth and inhale quietly through your nose for 4 seconds. Hold your breath for 7 seconds. Exhale completely through your mouth for 8 seconds making a whoosh sound

PAIRD MUSCLE RELAXATION

When you tighten a voluntary muscle, relax it, and allow it to rest, the muscle will become more relaxed than it was before tightened. Relaxed muscles required less oxygen, so breathing and heart rate will slow down during muscle relaxation.

Examples:

- Tighten the muscles in your arms as much as you can for 5 seconds, then let go of the tension and allow the muscles to relax
- Tighten the muscles in your legs as much as you can for 5 seconds, then let go of the tension and allow the muscles to relax
- Completely relax your jaw – we hold a lot of tension in our jaw without realising. Focusing on this body part will allow for further relaxation

