

Self Soothing: What Do You Enjoy Doing

Grade 4 – Health and Physical Education



Lesson Details

Grade Level:	4	Curriculum Links:	Health and Physical Education	Time Needed:	30 minutes in class, 5 minutes per day for 5 days
Learning Goal	To reach a state of relaxation, allowing students to think and behave more effectively when under stress.				
Success Criteria	By the end of this lesson, students will have learned how to reach relaxation using the five senses. Students will have discovered activities that allow for relaxation over the course of 5 days.				
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	Worksheet (attached), Pencil.				

Lesson Description

Overview	Through a week-long activity focusing on the five senses, students will learn how to control their emotions and which activities help them to relax.
Activity	<ol style="list-style-type: none"> Begin by asking the students what their favourite hobbies are. Follow this question by asking the students how the five senses are used in their favourite hobby. Distribute the attached worksheet. Students will write down activities that relax them related to the five senses. Next explain the instructions of the activity to the students. Over the course of 5 days, the students will do an activity related to each of the five senses that helps to relax them. Students will write down the activity and have a parent or guardian sign off that the student completed the activity. At the end of the 5 days, have a group discussion with the students about their emotions. Ask the students how they felt during the activities compared to other moments in the day.
Background Information	<p>Turtles know what they need to do to feel better. They bask when they need energy, they rest when they are tired, they eat when they are hungry, they hide when they are scared; they use all their senses to soothe themselves.</p> <p>Being clam and relaxed is important because it affects our physical and mental health in a positive way. Being able to recognize when to soothe yourself and how to soothe yourself is also important as everyone experiences relaxation (or even stress) in different ways.</p>

Lesson Description

	Part of this lesson is taken from skills and training related to Dialectical Behaviour Therapy which was developed by Marsha Lineman.
Blacklist Masters	<ul style="list-style-type: none"> • Worksheet (attached) • Video Link(s): Mental Health and Turtles • For more information, please visit https://www.turtleguardians.com/
Place-Based Learning	Students are encouraged to think of places in nature that make them feel relaxed and to explore them. Nature can be experienced through all five senses and is a great way to relax and reconnect.
Inquiry Based Learning	<p>Using Guided Inquiry, the students will think of activities that relax them and help them to stay grounded with the five senses.</p> <p>Ask the students:</p> <ul style="list-style-type: none"> • What do you find soothing? • What are the five senses? • How can you relate relaxation with the five senses? • Why is relaxation important for physical and mental well-being?
Turtle Stories	Create a jar with relaxation prompts within it. When you are feeling stressed, or sad reach into the jar and pull out an activity to help you relax. Students are encouraged to share their experience, pictures, and worksheets 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 become familiar with the habitats of turtles, the very same habitats that provide turtles with areas to relax. For more information, please visit https://www.turtleguardians.com/what-is-a-turtle-guardian/

My Notes



Self Soothing: What Do You Enjoy Doing?

Part 1.

Write down 3 activities related to each of the five senses that you would benefit from to relax and calm down.

Sight

1. Go to nature and look at the beautiful scenery.
2. Watch your favourite movie.
3. Look through old pictures.

Hearing

1. Talk to a person whose voice makes you happy.
2. Listen to your favourite music.
3. Practice playing a musical instrument or singing.

Smell

1. Light a scented candle.
2. Buy flowers.
3. Go to a bakery or restaurant that smells nice.

Taste

1. Eat your favourite meal.
2. Chew on gum.
3. Enjoy your favourite drink.

Touch

1. Wrap yourself in a soft blanket or sweater.
2. Wear comfy clothes.
3. Have a massage or stretch your body.

Part 2.

Over the course of 5 days, do an activity at least once a day to help relax yourself.

You may do multiple activities in a day, but at least one activity per sense (Sight, Hearing, Smell, Taste, Touch).

Have a parent/guardian sign off indicating that they witnessed you complete the activity.

Day of the Week	Activity	Parent/Guardian Sign-Off
Monday	I was watching the wind move the leaves on the tress and found it really cool to watch and relaxing/soothing.	



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Sight

1.

2.

3.

Hearing

1.

2.

3.

Smell

1.

2.

3.

Taste

1.

2.

3.

Touch

1.

2.

3.



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