

Lesson Plan

Grade: K-5

Social Emotional Learning

Duration: 30-45 min.

Topic: Utilizing Calming Tools

[Mind Jar Video - YouTube](#)

Lesson Focus and Goals:

- Students will understand how emotions can affect thinking and decision-making.
- Students will learn strategies to manage their emotions, particularly in situations where they feel overwhelmed.
- Students will explore how emotions can be contagious and the importance of maintaining calm in stressful situations.

Materials Needed:

- Glitter jars (one per student or group)
- Copies of the "Mind Jar Reflection Sheet"
- Chart paper or whiteboard
- Markers



CASEL Competencies:

- **Self-Awareness:** Recognize one's emotions and how they influence behavior.
- **Self-Management:** Manage emotions and behaviors to achieve one's goals.
- **Social Awareness:** Understand the emotions of others and how they can impact a group.
- **Relationship Skills:** Communicate clearly and listen actively, especially in emotionally charged situations.

Structure / Activity:

Introduction (5-10 minutes):

1. **Video Viewing:** Begin the lesson by showing the Mind Jar video. Explain that you will be discussing how emotions can affect the way we think and make decisions.
2. **Discussion:** After the video, ask students to share what they learned. Focus on the idea that emotions can sometimes cloud our thinking, just like the glitter in the jar clouds the water.

Activity 1: Making Mind Jars (15 minutes):

1. **Demonstration:** Show the students how to make their own glitter jar. You can do this as a group activity if resources are limited or as an individual activity if possible.
2. **Creation:** Allow students to create their own mind jars using water, glitter glue, and food coloring. As they shake the jar, ask them to think about times when they felt upset or overwhelmed.

Activity 2: Understanding Emotions (10 minutes):

1. **Emotional Reflection:** Hand out the "Mind Jar Reflection Sheet" and ask students to think of a time when they felt strong emotions. Have them write or draw what happened and how they felt.
2. **Class Discussion:** Ask students to share their reflections (if comfortable) and discuss how emotions can affect their thoughts and actions. Emphasize that it's okay to feel strong emotions, but it's important to manage them so we can think clearly.

Activity 3: Group Dynamics & Contagious Emotions (10 minutes):

1. **Contagious Emotions Discussion:** Discuss how emotions can be contagious. Use examples like a group getting excited together or one person's frustration making others upset. Relate this back to the Mind Jar and how we need to let our emotions settle to help others do the same.
2. **Role-Playing:** Divide students into small groups and give them scenarios where emotions might run high (e.g., during a game, while waiting, when plans change, etc.). Ask them to role-play how they would use the strategies learned to keep calm and help others do the same.

Conclusion and Reflection (5 minutes):

Review Key Points: Summarize the lesson by reviewing how the Mind Jar can remind us to pause and let our emotions settle before reacting.

Homework/Extension: Ask students to take their Mind Jars home and teach a family member or friend about what they learned. They can also complete an additional reflection at home if desired.

Assessment:

- **Formative:** Observe students during the discussion and role-play to assess understanding.
- **Summative:** Collect and review the "Mind Jar Reflection Sheets" to evaluate how well students grasp the concept of emotional regulation and contagious emotions.

Mind Jar Reflection Sheet

How does my thinking change when my emotions get stirred up?

Mind Jar #1



Look at the Mind Jar when the glitter is settled. Draw what it looks like when you feel calm.

What can you do when your mind is clear?

.....
.....

Mind Jar #2



Shake the Mind Jar and watch the glitter swirl. Draw what it looks like when your emotions are stirred up.

What happens to your thinking when emotions are swirling?

.....
.....

Circle the Cranium Critter that shows how you are feeling:



focused



happy



sad



mad



scared



overwhelmed

What happened that made you feel this way?

.....
.....

Mind Jar Reflection Sheet

My Calm Plan

Sit quietly and watch your Mind Jar until the glitter settles.
Use this time to take deep breaths.

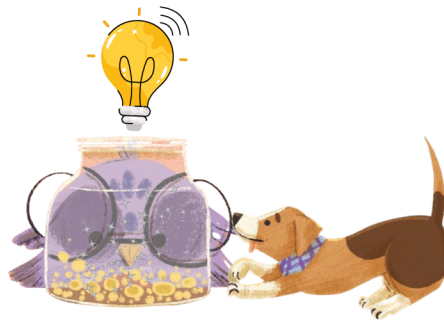
BREATHE IN
1...2...3..4



BREATHE OUT
1...2...3..4

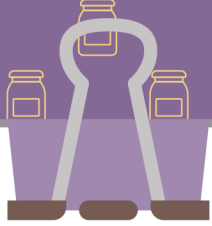


Once your emotions settle, Einstein will help you find a solution for your problem.



What are some things you can do to help your emotions settle?

- Take deep breaths. _____
- Count to 10. _____
- Go for a walk. _____
- Drink some water. _____
- Think positive thoughts. _____
- Distract your mind. _____
- Ask for help. _____
- _____



Make your own

Mind Jar



Materials:

- Clear reusable water bottle with smooth sides and a tight lid
- Distilled water
- 2-3 tablespoons Glitter (mix of sizes recommended)
- 2-3 tablespoons clear glue, hair gel, or light corn syrup
- 1 drop Liquid dish soap (Dawn works best)
- Sequins, beads, or other small decorative items (optional)

Instructions:

1. Prep your bottle: Give your plastic water bottle a good washing and rinse it thoroughly.
2. Fill it halfway: Pour $\frac{1}{2}$ bottle of distilled water into the cleaned bottle. Distilled water helps prevent mineral buildup and keeps the solution clear.
3. Add your chosen glitter! Start with 2-3 tablespoons, using a mix of sizes for visual interest.
4. Enhance the sparkle and slow the descent: For a longer glittery journey, include one of these thickening options: 2-3 tablespoon clear glue, clear hair gel, or light corn syrup. Remember, more thickener creates a slower descent, so adjust based on your preference.
5. Shake it up! Give the bottle a gentle shake to mix the glitter, thickener, and water. You want everything evenly distributed.
6. Add a single drop of liquid dish soap. This breaks the surface tension of the water, creating a smoother glitter descent.
7. Top it off: Fill the bottle to the brim with remaining distilled water, leaving minimal air gap to prevent bubbles. Tighten the lid securely to avoid any leaks.
8. Give your Mind Jar a good shake and witness the mesmerizing dance of the glitter. Observe its swirling as it mimics strong emotions, then focus on its gradual settling, representing the calming of your mind and body.

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Circle the Cranium Critter that shows how you are feeling:



What happened that made you feel this way?

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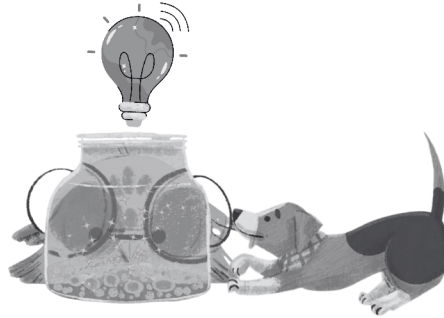
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