

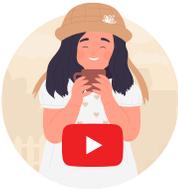


Did you know?

- ▶ Simple daily actions, like warmly welcoming students at the beginning of the day and following transitions, such as recess, not only build positive relationships and an inclusive environment but also foster a sense of trust and connection and build the architecture of your young students’ developing brains.
- ▶ Regular teaching practices, such as the sample below, not only support student learning but also help to support the mental health and well-being of kindergarten students. Some educators report that engaging in these practices along with their students provides an opportunity for them to catch their breath, check in with themselves and experience benefits from many of the strategies.



The following activities will complement the learning expectations found in the Self-Regulation and Well-Being Frame of the Kindergarten Program.

CHECK-IN	CURRICULUM CONNECTIONS
<p>Teddy Bear Check-In</p>  <p>Possible conversation prompts:</p> <ul style="list-style-type: none"> • “Which teddy bear best shows the way you are feeling today?” • “How do you think the first teddy bear is feeling? Why do you think that?” 	<p>Overall expectation</p> <ul style="list-style-type: none"> • Communicate with others in a variety of ways, for a variety of purposes, and in a variety of contexts. <p>This activity will help students identify feelings and emotions in themselves and others, explain why they might be feeling that way, and use words to identify the meaning of their own and others’ expressive language (e.g., body language, facial expression)</p>
ACTIVITY	
<p>Hot Chocolate Breathing Video just press play!</p> 	<p>Breathing is just one possible strategy to help students with managing strong emotions. Different strategies work for different students.</p> <p>Consider using the Virtual Field trips, in the future, to share a variety of strategies (muscle relaxation, distraction, etc.) over time. This can help students learn which strategies work best for them.</p>
PARTNER	
<p>Activity cards for home</p> 	<p>Consider sharing this activity card with families and caregivers so they can practice deep belly breathing with their child to provide a connection to learning happening at school.</p> <p>Here is a sample of what you could include in your communication:</p> <p><i>“Today our class did a deep breathing activity as a possible strategy to help students when they are feeling overwhelmed or experiencing big feelings. Here is another deep breathing activity in case you would like to continue the learning at home, as well as a prompt to facilitate a conversation with your child.</i></p> <p><i>‘I heard you tried something called Hot Chocolate Breathing today. How did you feel after taking those big breaths and cooling off your imaginary hot chocolate? Do you want to try another breathing activity together?’”</i></p> 

