

LESSON TITLE: *Helping You Feel Safe*

Grade Level: PreK/K-2

Delivery Mode: Classroom or other group setting

Time Allotted: 20-25 minutes

Of Participants: Class size: 10-30

Life Skill: Learning positive responses to feeling scared, coping strategies for dealing with emotions, and understanding how bodies react to stress

Character Focus: Self-esteem and self-responsibility

Integrated Curriculum Concepts:

- Language Arts: Active listening, responding, increased vocabulary
- Science: Unifying concepts and processes, human anatomy, and names of organs and their reactions to stress
- Social Studies: Developing self-help skills

Key Concepts:

- Emotional Health

What you need for the Lesson:

- *Helping You Feel Safe*
- Hardy Heart Beanie (from OrganWise Gal/Guy, *optional*)
- Companion Activity Book or download the Activities Sheets found beneath the book.

Getting Ready:

- Read and familiarize yourself with the book.

Note to Helper:

- The more animated you make the story and the more genuine your reaction is to how “smart” the students are, the more engaged the students will be.
- Depending on the group size, you may wish to have them gather around in a reading area as you read aloud and show illustrations.
- As you read, point out to children how scared the organs look (see book, page 4).
- Scrunch up your shoulder muscles as you read about Madame Muscle (see book, page 6).
- After jumping with the kids (on page 12), you may want to ask them to take a few deep breaths before continuing the story.
- Be sure to go very slowly with the breathing exercises (on page 13). Keep your voice soft.
- Read page 14 several times in preparation for working with the children. By doing this, you’ll be able to lead them through the activity without having to read from the text.

* Reminder to check out state specific curriculum standards for this story and all OrganWise Guys materials at <https://organwiseGuys.com/curriculum/>.

Lesson Plan:

What you Say:	What you Do:	What Participants Do:
Has anyone here ever felt scared? <i>(Pause for kids to raise hands)</i> I've been scared before, too. Being scared can make your body feel yucky!	Wait to see reaction of kids...have them raise their hands to answer.	Raise hands if questions/answers apply to them.
Has anyone ever felt sad? <i>(Pause for kids to raise hands)</i> I've been sad, too. The OrganWise Guys are going to help me teach you how to deal with these feelings.	Wait to see reaction of kids...have them raise their hands to answer.	Raise hands if questions/answers apply to them.
Start reading the book.	Have Hardy Heart sitting next to you as you read the book.	Sit quietly and listen until interactive parts of book.
When the book has been completed, ask: How many of you think you know what you want to be when you grow up? <i>(Have them share their aspirations)</i>	Call on students who have raised their hands to answer the question.	Respond and answer questions by raising hands.
What happens to Hardy when he gets scared? <i>(ANSWER: He starts beating really fast.)</i>	Call on students who have raised their hands to answer the question.	Respond and answer questions by raising hands.
What happens to Madame Muscle when she gets scared? <i>(ANSWER: She gets all tightened up.)</i>	Scrunch up your shoulder muscles while reading about her. Call on students who have raised their hands to answer.	Respond and answer questions by raising hands.
What happens to Pepto when he is scared? <i>(ANSWER: His "tummy" is upset and bothered.)</i>	Call on students who have raised their hands to answer the question.	Respond and answer questions by raising hands.
What happens to Windy when she is scared? <i>(ANSWER: He starts breathing really fast and has shortness of breath.)</i>	Call on students who have raised their hands to answer the question.	Respond and answer questions by raising hands.
What happens to your Sir Rebrum? <i>(ANSWER: He feels like he is spinning and can't think clearly.)</i>	Call on students who have raised their hands to answer question.	Respond and answer questions by raising hands.
What does Hardy do when he gets scared? <i>(ANSWER: He exercises to get the heart pumping.)</i>	Call on students who have raised their hands to answer the question.	Respond and answer questions by raising hands.

<p>What does Windy do to calm herself down when she is scared?</p> <p>(ANSWER: She takes big, deep breaths.)</p>	<p>Call on students who have raised their hands to answer the question.</p>	<p>Respond and answer questions by raising hands.</p>
<p>What does Madame Muscle do to relax when she is scared?</p> <p>(ANSWER: She tightens and then relaxes all of her muscles slowly, one at a time.)</p>	<p>Call on students who have raised their hands to answer the question.</p> <p>Have the students do a sampling of tensing and relaxing a few body parts.</p>	<p>Respond and answer questions by raising hands.</p> <p>Tense and relax a few body parts as instructed by teacher.</p>
<p>What are you supposed to do every time after you sing the “safe place” song?</p> <p>(ANSWER: Give yourself a big hug!)</p>	<p>Call on students who have raised their hands to answer the question.</p>	<p>Respond and answer questions by raising hands.</p>
<p>Can any of you tell me what you usually do when you feel scared?</p> <p>(ANSWER: Various answers are given.)</p>	<p>Call on students who have raised their hands to answer the question.</p>	<p>Respond and answer questions by raising hands.</p>

Optional Follow-up Activities:

- Use pgs. 3 and 4 in the Companion Activity Book or download the Activities Sheets found beneath the book.