

Kids for Kids Intro Session 4

LESSON TITLE	Feeling overwhelmed	
OBJECTIVES	PREPARATION	
<ul style="list-style-type: none"> Explore the theme of feeling overwhelmed - how it feels and how we can help. Perspective-taking 	<ul style="list-style-type: none"> Pre-read <i>Benji, the Bad Day, and Me</i> by Sally Pia Have post-It notes or white board ready. Have nametags ready. 	

CURRICULUM		
<p>WARM UP (validate existing knowledge)</p>	<p>Recap</p> <ul style="list-style-type: none"> “What did we talk about last time?” <p>Feeling Overwhelmed</p> <ul style="list-style-type: none"> “Sometimes we feel overwhelmed, but what does it really mean to be overwhelmed? Overwhelmed means that our brains are overfilled with thoughts and feelings about challenges in our life.” “When do you overwhelmed?” <i>Helpful to have adults share here too.</i> “What does it feel like? What happens to our bodies when we feel overwhelmed?” <i>Examples could include sick stomach, sweaty palms, fast breathing.</i> “What are some ways that you help yourself when you feel overwhelmed? Let’s write our ideas on post-it notes and come back to these ideas.” 	<p>10 min</p>
<p>NEW IDEAS (introduce and apply new content)</p>	<p>Benji, The Bad Day and Me</p> <p>Pre-reading</p> <ul style="list-style-type: none"> “As we read, let’s look for when characters in the book seem overwhelmed.” “How do they become less overwhelmed?” <i>Add these ideas to the wall/stack of post-it notes.</i> 	<p>15 min</p>

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<p>WRAP UP (gauge new learning)</p>	<p>Post-reading</p> <ul style="list-style-type: none">• “What kind of day was Benji having in the book?”• “What were the signs that he was overwhelmed? Did he look overwhelmed?”• “What added to Benji’s bad day after he got home?”• “How did Benji’s brother help him? How did Benji’s brother know that he needed help?” <p>Let’s Help Adults</p> <ul style="list-style-type: none">• “Adults get overwhelmed too, right? Why do you think that adults get overwhelmed?”• “Now let’s look at our post-it note stack of ideas and see if these could work for adults too. Do you think we should share this list with our parents? Maybe we could help them when they are feeling overwhelmed!” <p>Alternate Wrap Up Activity</p> <ul style="list-style-type: none">• Role Play in pairs one person being overwhelmed and the other one figuring out a way to help them.	<p>10 min</p>
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