

3rd - 5th Grade: The Power of Pause

Social-Emotional Character Development

Lesson Description:

We can experience multiple emotions in the span of one second. Sometimes those emotions feel small. Sometimes they can feel very big and overwhelming. These emotions can affect how we respond behaviorally. In this lesson, students will practice grounding techniques that will help them self-regulate in times when they experience those big emotions and make productive behavioral decisions.

Standards:

- **SECD.IM.3.2** - Identifying the varying degrees of emotions one can experience in different situations and recognize reactions to emotions.
- **SECD.IM.3.1** - Describe behavioral responses depending on context and situation.
- **SECD.IM.4.4** - Predict possible outcomes to behavioral choices.
- **SECD.IM.3.4** - Identify reliable self-help strategies (for example, positive self-talk, problem-solving, time management, self-monitoring).

Materials Needed per Student:

- Behavioral Response (provided below)
- Pencil

Advanced Preparation:

- Each student will need the Behavioral Response page, provided below. Please do not cut this in half. Each student will need one full page. This page will be needed part way through the lesson. At your discretion, it can be passed out at the beginning of the session or when it is needed.

Program Connection Information

Please use an external microphone (conference style) rather than the integrated one in the computer for the audio for your class and locate it centrally in the room. It can be difficult for the Greenbush teacher to hear the students using the computer microphone and therefore it reduces the interactive nature of the lesson. It is fine to use the computer webcam for your video source though.

All classes will take place using Zoom desktop video. You may need to download Zoom launcher software ([free download](#)) if you don't already have it. This needs to be done in advance of the lesson.

It's always a good idea to touch base with your district technology facilitator prior to your program to make sure all systems/equipment are in place and operational and no firewalls that might prevent you from connecting to Zoom.

Once you have received confirmation of your scheduled lesson, a Zoom link invitation will be sent to you via email. This invitation will be specific to your scheduled time and date; therefore it will not work for any other lessons hosted by the Greenbush Student Enrichment Department. If you have students connecting remotely, please remember to forward this invitation to them.

Once you connect, you will enter a Zoom waiting room. Your Greenbush teacher will admit you into the final meeting room.

If you have questions, please email Amie Beggs at amie.beggs@greenbush.org or Emily Joy Roth at emily.roth@greenbush.org.

