



LESSON 6

JOURNAL PROMPT:

Tell about a time that you were upset. What did you do to calm yourself down?

Journal writing area with horizontal dotted lines.



"Help Me Stay Calm" Word Search

C B R E L A X O C S
V R A Y W Y H S I T
G E F E D A T A I R
Q A G S N W A F Q E
E T H C B N L E Y T
T H Q L O I K P J C
D E N O M K I L W H
L K N S L B N A N P
J S E E I B G C E W
T X Z D O A Z E W T

WORD LIST

relax
breathe
eyes closed

safe place
talking
stretch

Buddy Says



Take a deep breath



Breathe out slowly



Stretch out your arms



Close your eyes



Sit down



PARENT LETTER

TODAY'S LESSON: LESSON 6

In today's lesson your child reviewed Body Boundaries, represented by the Lock & Key Token, presented from the previous lesson. Your child returned to the situation in the previous lesson where a photograph was taken in an inappropriate situation. Even though it was meant to be a prank, it violated someone's Body Boundaries and right to privacy, and made them feel uncomfortable. Your child saw through the Safety Barometer that this upsetting event was unsafe.

Your child learned that if something upsetting happens to them, they need to refer to their Trusted Triangle and tell a Grown-Up Buddy. They also learned a calming technique and observed the steps used to help themselves or a friend who's upset or scared. Your child saw how talking about an upsetting event also helps them feel better, thus reinforcing the concept that they must tell their Grown-Up Buddy about anything that makes them feel unsafe. They also learned that hurtful pranks, even if they are meant to be funny, are a form of bullying. It is the right thing to do and it takes courage to come forward when a child has done something that has made someone feel unsafe. Your child also saw that if someone has done something that makes another person feel unsafe and they know about it and don't tell, that is an unsafe secret. Unsafe secrets should never be kept and should always be told to their Grown-Up Buddy.

PARENT CONNECTION:

Talk with your child about things that might be upsetting or anxiety-producing and how they can use the calming strategy presented in today's lesson. Here are the steps presented in the lesson:

Step One:

Take several slow, deep breaths.

Breathe in, 1...2...3...4...

and now breathe out, 1...2...3...4...

Step Two:

When you feel safe, you need to talk about what just happened in your own words.

The person listening should validate what is shared and ask how it made the child feel. When the feelings are shared, those feelings should be validated as well. The idea that talking about it helps is constantly reinforced by the person listening.

TIPS TO FURTHER TODAY'S LESSON:

It is important for parents to reinforce the message that even though something may seem funny, if it scares or upsets someone and is done anyway, it is bullying. Bullying others is never appropriate because no one should ever be made to feel unsafe. It is also important for parents to stress that it is everyone's responsibility to report bullying that they witness to a Grown-Up Buddy. Keeping bullying a secret is an example of an unsafe secret. Unsafe secrets should never be kept. It takes a lot of courage to report bullying and it is the right thing to do.

