

Stress Free Kids®

Curriculum

Introduction

Each lesson can be incorporated into any class or curriculum. Lessons, stories, songs, movement, and worksheets are turnkey and easy to implement. Each lesson is designed to decrease stress, anxiety, and anger while increasing self-esteem and creativity. Although written with elementary age children in mind, each lesson can be adjusted to accommodate any age group. The explanation and discussion can be added to or simplified according to your group needs. The research-based techniques found in each lesson have been enjoyed by all ages.

Each lesson is designed to work in conjunction with one or more stories created by Lori Lite. The stories and music are found on the following CDs and books included in this kit: *Indigo Dreams*, *Indigo Ocean Dreams*, *Angry Octopus*, *Affirmation Weaver*, *Bubble Riding*, *Sea Otter Cove*, *A Boy and a Turtle*, and *The Goodnight Caterpillar*, *A Boy and a Bear* and *The Affirmation Web*.

Children enjoy the comfort of knowing what to expect as they become familiar with the class format. Repetition and practice insure that the empowering techniques of affirmations, visualizations, progressive muscle relaxation, and breathing become integrated into the lives of our children.

Be creative and revamp each lesson by substituting your own art projects, activities, and games. You can re-teach or present variations on the techniques. Combine two or more of the techniques presented in the lessons or split the lesson into two if you have time constraints. Tailor your lessons to meet your classroom needs or follow lesson plan exactly. I encourage you to use this as a springboard to your own creativity.

Thank you for introducing your class to stress management!

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Tips:

1. Run copies of the worksheets and acquire a few items like glue, scissors, and crayons. You will need a CD/mp3 player or computer to play stories and music.
2. Try to follow the same format for each class. Children feel comfortable when they know what to expect. Routine and structure help to alleviate stress and fears. Children feel empowered.
3. Use name tags if you are not familiar with each child's name as this allows the teacher to call the next child in the activity by name. This fosters a child teacher bond and allows the activity to flow. Teachers should also wear a name tag.
4. The teacher should be the first to participate in the movement activities. Be sure to share something real. Children sense sincerity.
5. Do not let the children mention the name of another child in the group for the movement activity. For example: The group is sharing what they are afraid of. Matt says he's afraid of Brian. The teacher should say we don't use names and redirect the children to identify the fear that should be stomped. i.e. **"We are afraid of being picked on."** Now you can continue the activity without hurting anyone's feelings.
6. All activity songs have suggested tunes. Feel free to change the words, create a beat, or add your own song. For larger groups, 2 or more children can share before singing. A hokey pokey style version of the movement can be used for each lesson giving you variety.
7. Be upbeat, smile, make eye contact, and show the children that if they follow you they will have fun!
8. Additional products designed to support stress management can be ordered on the [stressfreekids.com website](http://stressfreekids.com) or our retail partners.

Class Format:

Each class is structured in the following format:

1) Movement Activity: Each class will open with a movement activity. The opening activity gets children interested and lets them see that you are in charge, you have a plan, and they will have fun. Develop trust and lead the way by being the first to share in this activity. When the children hear and see the teacher share, they loosen up and become comfortable following your directions. Movement, singing, and laughing help children release energy before listening to the story. Each lesson can be retaught using the additional suggested movement activity.

2) Explanation: Give the children an age appropriate explanation of the technique they will be experiencing in the story. Older children can handle more details than younger children.

3) Story time/Lesson: Many children will listen to the story with their eyes closed. If children are reclining it is important for them to move slowly when the story is over. After each story there are a couple of minutes of relaxation music. This will allow the children to take their time sitting up. They can listen to a bit of music or start to sit up. Whatever feels good to them! Children should slowly roll over on their side for a moment and then slowly push their bodies up. You can demonstrate this ahead of time.

4) Discussion: Ask the children how they feel after listening to the story. Ask how this is different from the way they felt before the story. Ask the children how they could apply the relaxation technique they experienced to their lives. Encourage real situations. Example: **“When I am nervous or afraid about taking a test at school I can visualize colors to calm down and feel better.”**

5) Worksheet and Relaxation Music: This will reinforce what they have learned in the class and allow them to see first-hand how they can be active participants in decreasing stress and anger while increasing self-esteem. Play *Indigo Dreams* or *Indigo Ocean Dreams* Music Soundtrack while the children work on their worksheet. Bring awareness to how music makes everyone feel.

6) Certificate of Completion: A certificate is included for completing each lesson or for completing a series of lessons. Your choice!

Movement Activity:

Movement Activity: Each lesson features a movement activity that can be used with a variety of melodies. Lessons 1-3 demonstrate *Pop, Pop, Pop Those Bubbles* by Gymboree. With a slight adjustment to the words, each activity can also be done in *Hokey Pokey* style and *Shake Your Booty* by KC & The Sunshine Band. (All tunes are on YouTube.) Lesson 4 demonstrates Hokey Pokey style as seen below. Each option creates a new lesson.

We throw anger in, we throw anger out, we throw anger in, and we shake it all about. We do the feel good pokey and we turn ourselves about. That is how I feel good!

“Tell me, what gets you angry that we can throw out today? What are you annoyed about?” Address each child by name. I.e. “John, what makes you angry?” John says, “I am angry my brother doesn’t listen.” Everyone sings.

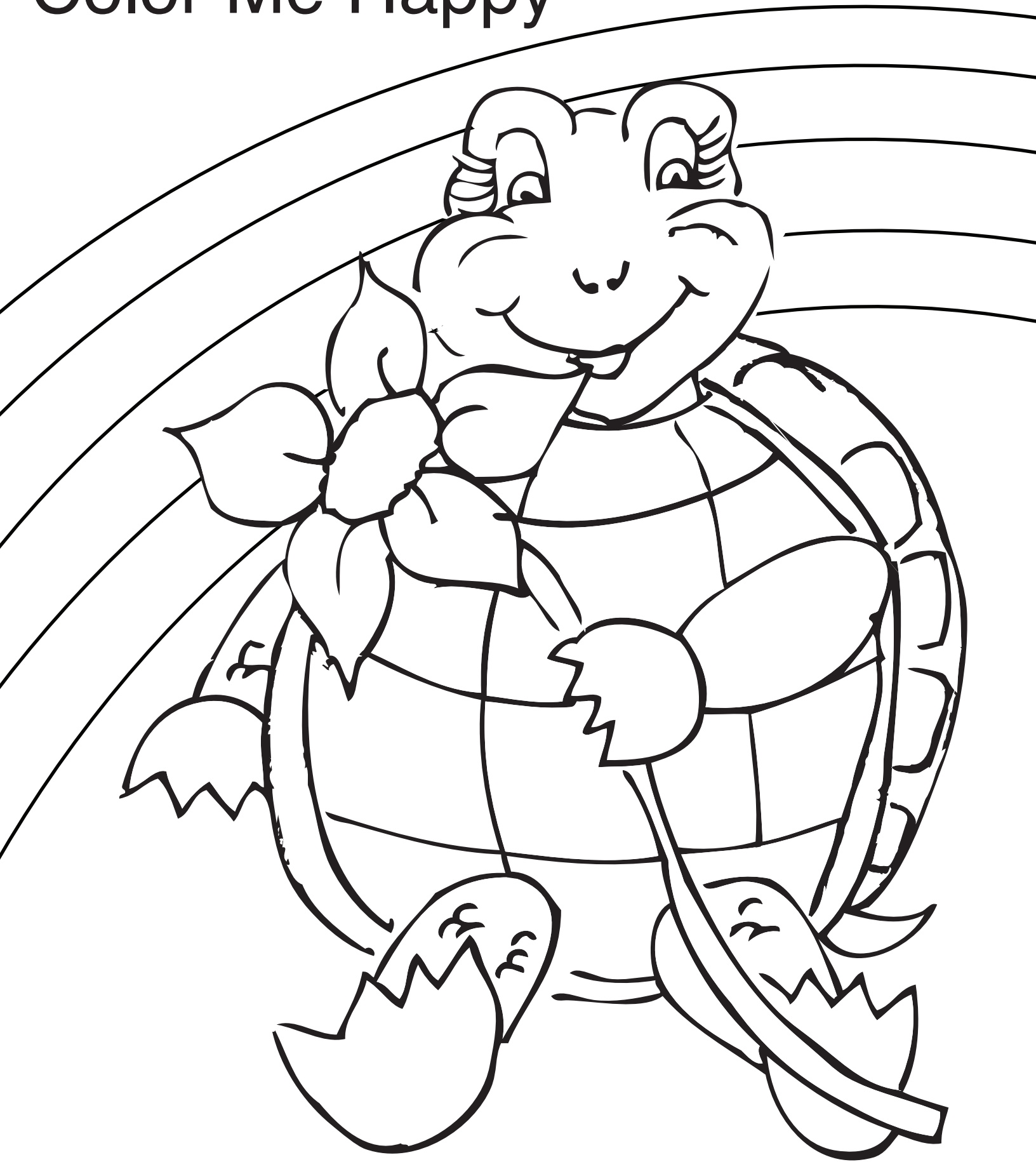
We throw anger in, we throw anger out, we throw anger in, and we shake it all about. We do the feel good pokey and we turn ourselves about. That is how I feel good!

Go around the entire circle. When everyone has had a turn to share, finish by telling everyone to silently think of something that makes them angry to throw out. Sing one last time.

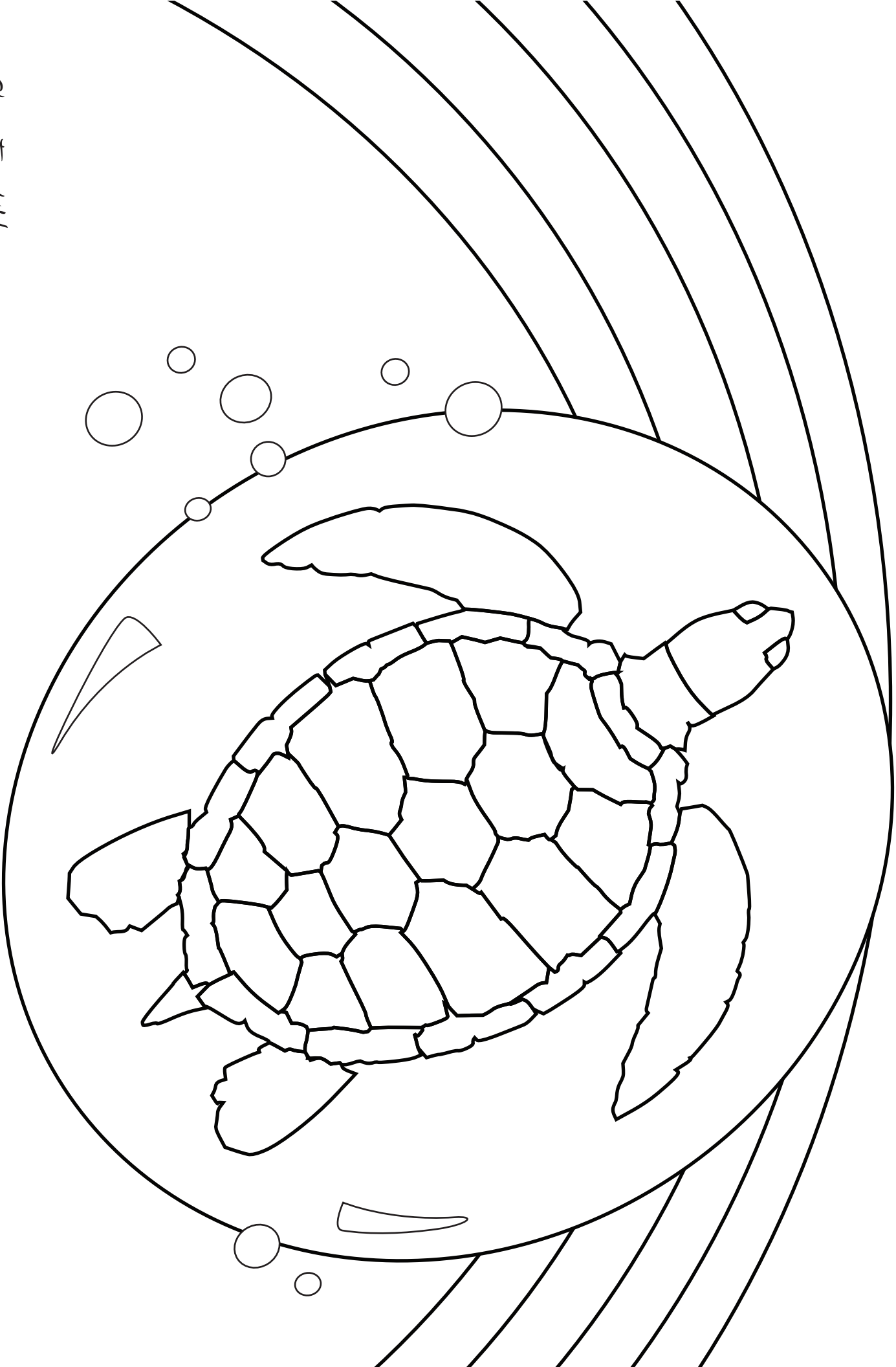
We throw anger in, we throw anger out, we throw anger in, and we shake it all about. We do the feel good pokey and we turn ourselves about. That is how I feel good!

Compliment the group on what a good job they did or what good work they have done. Clap for “**Great job kids. Let’s give ourselves a hand!**”

Color Me Happy



Color Me Happy



Stress Free Kids®

PRESENTS THIS



CERTIFICATE TO

FOR LEARNING STRESS MANAGEMENT SKILLS

Use your relaxation techniques throughout the day!

www.StressFreeKids.com