Today I will learn to:
Hear mindfully.

When I want to calm down or pay attention,
I ZOOM WITH MY EARS

AND FOCUS ON THE SOUND OF MY BREATHING.
THAT’S ME

Lesson 1
Module 1 With Myself
General Skill Self-Awareness
Specific Skill Self-Concept

Today I will learn to:
Describe who I am.

My Self-Portrait
NOW I CAN!

Today I will learn to:
Value what I can do now and before couldn't.

Now I can...

- Tie my shoes
- Say the same word in different languages
- Draw
- Make my bed
- Speak another language
- Write my name
- Count to ten
- Count by tens
- Color
I Recognize My Emotions

**Emotion:** Sadness

**Emotion: **Anger

**Emotion:** Fear

**Emotion:** Anxiety

**Emotion:** Happiness
The Story of Puffy

Puffy the blowfish lives in the ocean. He has lots of friends and he really likes to play with them. At some point, however, Puffy was very worried. His friends didn’t want to be around him anymore because he always got mad and treated them badly. Sometimes, he even hit them. But Puffy found a solution: he learned how to calm down! One day, he realized that if he took deep breaths and puffed way up to double his size, he calmed down and he didn’t treat his friends badly anymore. Then, he could calmly tell them what he wanted. Now, when Puffy feels mad or afraid:

1. **He stays still.**
2. **He takes slow, deep breaths until he puffs up to double his size.**
Let’s Color Puffy!

When you’re mad or scared and you want to calm down, let Puffy help you erase that frown.

1. Sit still.
2. Take slow, deep breaths and try to puff up like Puffy.
Lesson 5

I CAN WAIT

Today I will learn to:
Finish what I have to do before doing what I want.

Part 1
Part 2
Today I will learn to:
Calm down when I don’t get what I want.

Pat, help me calm down
and accept things I cannot change.

WHAT HAPPENED HERE?

Today I will learn to:
See through other people’s eyes.

Mystery 1
Where’s my book?
Mystery II
How did my drawing get dirty?
Today I will learn to:
Observe someone else’s face to know how they feel.

Discovering Other People’s Emotions

Emotion: Sadness

Emotion: Happiness

Emotion: Anger

Emotion: Fear

Emotion: Surprise
Today I will learn to: Notice when someone needs help.

Help Code

1. Look

2. Ask

3. Help
SAYNO THE DINO

Lesson 11

Today I will learn to:
Say no nicely and firmly when I don't like something.

Module 2 With Others
Specific Skill Assertiveness
General Skill Positive Communication

Sayno the Dino

Rosa feels very sad because people have been yelling at her and insulting other children at school.

For example, the other day, Clara didn’t stop kicking her desk and Rosa ended up ruining the piece of paper she was drawing on. Then Rosa turned around and told Clara she was stupid. Clara answered, “You’re the stupid one!” and she walked off.

Lots of other things like this happened... Rosa is tired of this ...

Rosa runs into Sayno the Dino, who tells her:

“I had the same problem, but I realized that the situation only got worse when I yelled at, insulted, and pushed others. The other day, my classmate took my pencil without asking first. I wanted to tell him to stop being mean, but I thought, ‘I have to tell him clearly not to bother me so he won’t do it again.’ I understood, then, that we can avoid fights when other people act in a way that we don’t like if we tell them clearly and calmly, ‘I don’t like it when you do that...’ or ‘I don’t want you to say that to me again...’ and then tell them what you’re feeling: ‘That really bothers me...’ or ‘I get mad when you say that.’”

2. Story adapted from the Aulas en Paz Program (www.aulasenpaz.org).
SAYNO THE DINO’S TRICK

FIRST, NICELY SAY “NO.”

THEN, EXPLAIN HOW YOU FEEL.
Today I will learn to:
Break down difficult tasks into smaller tasks that I can manage.

Make Manuela, Step by Step
I KEEP TRYING!

Today I will learn to:
Control my frustration when I fail and keep trying.

Pirate Paul’s Treasure Hunt
GINA AND HER IMAGINATION

Lesson 15

Today I will learn to:
Use my imagination to reduce my stress.

Gina and Her Imagination
**BRAINSTORMING**

Today I will learn to:
Come up with lots of ideas on a single topic.

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**Hello Yellow³**

Think of lots of things of a certain color and count them by making marks:

<table>
<thead>
<tr>
<th>Color: Yellow</th>
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<tbody>
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<th>Color: ________</th>
<th>Color: ________</th>
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<td></td>
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</table>

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The Story of Frida and Frodo

Frida and Frodo are two friends who are in first grade. Frida and Frodo love to play together and share their ideas. These two friends care a lot about one another, but they’re also very different. Frida’s favorite color is green, and Frodo’s is purple. Frida likes to jump rope, and Frodo likes to play soccer. Frida likes rainy days. Frodo, on the other hand, likes sunny days. Frida loves to talk and laugh really loud, while Frodo is serious and quiet.

Scene 1:
One day, Frida and Frodo were at recess, looking for shapes in the clouds.

“Look, Frodo! It’s a giant snail!” exclaimed Frida excitedly.

“What snail? I see a camel,” answered Frodo.

Scene 2:
While they were looking for shapes in the clouds, Frida and Frodo realized there was a line of ants walking by them.

“Look, Frida! Ants!” said Frodo.

“They look like they really want to get somewhere. Where do you think they’re going?” wondered Frida.

“I bet they’re going to get food,” responded Frodo.

“I think something different. I bet they’re going to look for someplace to live,” said Frida.

Scene 3:
Frida and Frodo were looking at the ants when something caught their attention in the schoolyard. While the rest of the children were running and playing, Renato was sitting alone on a bench.

“Look, Frida. Renato’s all alone on that bench. What should we do?” asked Frodo.

“I think we should leave him alone. He’s probably there because he’s mad and he doesn’t want anyone to bother him,” said Frida.

“I’m not so sure. I think he might be sad. We should go talk to him,” said Frodo.
SO I DON’T HURT YOU

Today I will learn to:
Take good care of myself and my stuff.

Module 3  With Our Challenges
Specific Skill  Responsibility
General Skill  Responsible Decision-making

Situations to Represent

Each group is going to represent the situation with their group number:

1. A child is playing in the street and a stranger walks over to talk to him.
2. A child gives another child firecrackers to set off.
3. A child is angry and doesn’t want to brush her teeth.
4. It’s dinner time and the child is very hungry, he has to choose between eating a chocolate bar now or wait a few minutes until dinner is served.
5. A child is playing with friends in the park and they suggest crossing the street to see what’s out there.