



## Restless Raccoon

**Why we like it:** This story gives students a fun and engaging way to relate to feeling restless in the classroom.

**Duration:** 15-30 minutes

**Materials:** [Restless Raccoon Teaches his Brain to Calm Down \(English\)](#)

[Restless Raccoon Teaches his Brain to Calm Down \(Spanish\)](#)

**FocusedKids Video Lesson:**

### VOCABULARY

Restless, Guard Dog, amygdala, Wise Owl, prefrontal cortex, focus, calming strategies

### MAKE IT A HABIT

Brainstorm with your class what times of the day do they feel restless. Make a list. Then talk about what they can do to help themselves when they feel restless. Refer back to this list regularly. Incorporate brain language. What part of your brain is in charge when you feel restless? How do you help your guard dog release restless energy so your wise owl can be focused? Remember- practice and consistency wires the brain! What you practice, you get better at.

### PRACTICE IT

Read the story *Restless Raccoon Teaches his Brain to Calm Down*. After you read the story, students can turn and talk or draw about a time when they felt restless. Or make a list of times

### SEND IT HOME

If possible, print a copy of Restless Raccoon for each student to take home. Or have students draw about Restless Raccoon to take home and share with their family.

### CORE LESSON

<b>Opening Brain Break</b>	Before reading Restless Raccoon, do a brain break. Remind the class that before we learn about our brain, we need to get our brain ready to learn.
<b>What to Say</b>	Start by telling the students about a time when you felt restless...at a staff meeting, during an appointment... Make it funny as you act out how you felt. Then the story <i>Restless Raccoon Teaches his Brain to Calm Down</i> . Have fun with this story!
<b>Lesson Activity</b>	Students can work on mindful coloring with their own copy of Restless Raccoon. You can also put Restless Raccoon in the calm down space for them to color.





There are many extensions you could do with this lesson. Get creative and have fun!!

## LESSON EXTENSIONS

Brain Science	<input type="checkbox"/> Our restless behavior comes from our amygdala. When we practice calming strategies consistently, we can wire our brain to be less restless and more centered. This will help develop the prefrontal cortex. This part of the brain isn't fully developed until the mid twenties. Unlike the amygdala, which is fully developed at birth!
Books	<input type="checkbox"/>
Websites	<input type="checkbox"/>

## MAKE IT YOUR OWN!



