



Pouty Pig Finds Peace

Why we like it: Some days are just a collision of emotions. Overwhelm, frustration, loss of hope, and fatigue can prevail, especially with all of the difficulties that are out of our control. When this happens to kids, emotions drive behavior and it can get messy. This is a situation where co-regulation can help. Sitting quietly with the child until they calm a bit, acknowledging that they are having a tough time, and offering that you are there for them can diffuse their tough emotions. As they calm, they are usually ready to talk. The adult can offer that what the child is experiencing is hard but normal, and remind them that they have a problem-solver in their brain, the prefrontal cortex (Wise Owl). They also have the hippocampus (Ms. Elefante) to help remember what has helped in the past.

Duration: 30 minutes

Materials: FK story [Pouty Pig Finds Peace](#), [Spanish- Pouty Pig Finds Peace](#), pig puppet (optional), Guard Dog feelings chart

FocusedKids lesson video: [Video Lesson](#)

Lesson Activities: Brain break and **mindful coloring**

VOCABULARY

Feeling words- review what feeling words students already know.

New feeling word- pout/pouty

MAKE IT A HABIT

Keep a “Pouty Pig” puppet in the calm down basket and a copy of the story, “Pouty Pig Finds Peace.” Encourage students to go to the calm down basket when they need a little time for peace.

PRACTICE IT

During a set time of the day, encourage students to share their feelings. Have a list with pictures of different feeling words. Be creative with this! Consider having students make their own feelings chart. Bring in the new feeling word- pout. Have them color their “peace place.”

Encourage students to name a time when they

SEND IT HOME

Encourage students to teach their family about Pouty Pig. They could draw their own “Pouty Pig” or “Peace Place” as a reminder to share with their family. You could also Encourage parents to create a “peace place” together with the family. This will help integrate the learning at home.

CORE LESSON

Opening Brain Break

Start with your favorite brain break. By this point, your students are probably becoming experts on brain breaks as well! Begin to empower your students by allowing them to pick the brain break. OR have the helper of the day lead the





	<p>brain break! Remember, the goal of this brain break is to calm our brain in order to get focused for the lesson. See the video lesson page on our website for ideas or modeling.</p>
<p>What to Say</p>	<p><i>In the book, <u>Pouty Pig Finds Peace</u>, Wise Owl shows up and notices out loud that Pouty Pig is having a rough day and reflects on what helps Wise Owl when it is experiencing difficult feelings. (Notice that Wise Owl does not tell Pig what to do.) Instead it invites Pig to figure out what will help her feel better using past experience to guide her. Drawing on memory she recalls the Peace Garden, and problem-solves by going there to feel better. She uses the sensory exercises she has learned to relax her body and to focus on the moment. Feeling better, she is ready to return to her normal routine.</i></p> <p>Start by asking students if they know what the word pout or pouty means. Depending on the developmental age of your students, expand or keep this concept simple. Have students make a pouty face or act pouty with their body. Have fun with this! Do a turn and talk or other engaging conversation starter to get students talking about a time when they felt like pouting or pouted. Share out! As the teacher, model for the class by sharing a time when you felt like pouting. Then, introduce “Pouty Pig” if you have the puppet. If not, begin by introducing the story, “Pouty Pig Finds Peace.”</p> <p>Read the story while stopping throughout to ask questions and engage students. If you have the brain puppets, you can pull them out when they have a role in the story.</p> <p>Have fun with the story and make it work for you and your students. You could follow up with advice to Pouty Pig, ideas for how you can help yourself when you feel pouty... do what works for you and your group of students.</p>
<p>Lesson Activity</p>	<p>Pouty Pig Mindful Coloring</p>
<p>Closing Gratitude</p>	<p>If you haven’t started a gratitude practice with your students, now is a great time! In addition to its benefits for adults, research suggests that gratitude is also good for youth, going hand in hand with greater hope and optimism, higher satisfaction with life, and fewer health complaints.</p> <p>Students who experience greater positive emotions may put in more effort to overcome obstacles, engage in classroom activities more, and be less stressed at school. In addition, positive mental health in childhood is linked to educational achievement and professional success later in life.</p> <p>Here is a link to our gratitude lesson with additional ideas on building a gratitude practice in your classroom.</p>





LESSON EXTENSIONS

Brain Science	<input type="checkbox"/>
Books	<input type="checkbox"/> A Little Spot of Emotion , The Pigeon has Feelings Too , The Color Monster
Websites	<input type="checkbox"/> Article- creating mindful space for self-regulation

MAKE IT YOUR OWN!

