



Self-Regulation Lesson Plan

Lesson Title

Self-Regulation Talking Stick Introductory Lesson
(Primary Grades)

Self Regulation 'Focus' Domain(s)

Biological? Emotional? Cognitive? Social? Pro-social?

- Emotional/Social/Prosocial

End in Mind

- Student will gain a better understanding into the feelings and thought of their peers
- Students will have an opportunity to share thoughts and feelings with each other in order to prevent and solve problems
- Classroom atmosphere will improve and a sense of community will develop

Materials

- Self-Regulation talking stick (see photo for example)

Flow (lesson outline, brief, point form)

- Have students form a circle in the classroom in a place that allows for comfort (older students may wish to be seated in chairs, while younger children may do better on the carpet)
 - Show the students the talking stick (see photo for example using Zones of Regulation colors). Emphasize that the sharing circle is meant for talking in a safe space and that only the person holding the talking stick may speak. In addition, it is a good idea to have students not use others' names while speaking.
 - The colors on the talking stick represent that we all feel and spend time in each of the zones at some point, but the green zone is represented most heavily on the stick using many shades of green because when we are calm, focused and alert we make the best choices, think most clearly, and are able to be at our best. Communicating about how we are feeling is one way that we can get and stay in the green zone.
 - For the first day, we will pass the talking stick around and we will practice speaking and listening to each other. When it is your turn, tell us something that makes you excited or something that makes you nervous. If you do not wish to share say pass, we will come back to you later and you may share if you wish.
 - Close circle time by thanking the students for their honesty and for communicating so well with each other.
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Follow Up

- Depending upon the needs of the classroom circle time may take place once weekly, daily, or on an as needed basis
- Circle time is a great way to address issues that come up in the classroom (lunchroom behavior, playground differences, passing notes, calling out, etc.)



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