

AHN Chill Project™ Presents

# Cai & Kate ® Curriculum

## *Season 1 : Episodes 1-10*



## Lessons by Episode

### **Episode 1: Emotions**

- Chill Skill®: Bubble Breathing
- Activity: Body Clue Detectives

### **Episode 2: Happy Place**

- Chill Skill®: Happy Place
- Activity: Big vs. Small Emotions

### **Episode 3: Music Moment**

- Chill Skill®: Music Moment
- Activity: Detective Scavenger Hunt

### **Episode 4: The Big Squeeze**

- Chill Skill®: The Big Squeeze
- Activity: Jigsaw Team Challenge

### **Episode 5: Freeze Break**

- Chill Skill®: Freeze Break
- Activity: A Little to a Lot

### **Episode 6: 5 Steps to Big Feelings**

- Chill Skill®: Review
- Activity: Get Back to the Green

### **Episode 7: Find the Rainbow**

- Chill Skill®: Find the Rainbow
- Activity: Talk & Toss

### **Episode 8: Shake Shake Water Break**

- Chill Skill®: Shake Shake Water Break
- Activity: Connect the Emotions

### **Episode 9: Boogie Woogie Breakdown**





- Chill Skill®: Boogie Woogie Breakdown
- Activity: Story in a Bag

### **Episode 10: Countdown to Calm**

- Chill Skill®: Countdown to Calm
- Activity: Crickets of Concern



# Cai & Kate® Curriculum: Episode 1

 <b>Lesson Name</b>	<b>Body Clue Detectives</b>
 <b>Objectives</b>	<b>Students will learn...</b> <ul style="list-style-type: none"><li>• Definition of an emotion, focusing on happy/mad/sad.</li><li>• What “body clues” are.</li><li>• How to build connections between body clues and emotion words.</li></ul>
 <b>Competencies</b>	<div><b>Self-Awareness</b><p>Students will begin to gain insight into what is happening inside their bodies related to what their body clues are and how they connect to emotions.</p></div> <div><b>Self-Management</b><p>Students will practice the new Chill Skill® of “<i>Bubble Breathing</i>.”</p></div> <div><b>Responsible Decision-Making</b><p>Students will learn that recognizing body clues around us will help us make informed decisions.</p></div> <div><b>Relationship Skills</b><p>Students will learn how to recognize body clues and emotions in those around them.</p></div> <div><b>Social Awareness</b><p>Students will learn how to recognize emotions in their day to day lives.</p></div>
<b>Group 1- Introduction</b>	
 <b>Materials</b>	<p>Cai &amp; Kate - Episode 1 /Charades cards (included)/Supplemental cards (included)</p> <p>Access to smartboard to play videos to class</p> <p><i>Optional: materials from supplies list, should you choose to complete art activity</i></p>

**What is Cai & Kate®?**

Episode 1: Emotions

Cai and Kate will help us build our vocabulary around emotions and the Chill Skills we can use to 'stay in the green.' We will learn that 'in the green' means to be calm and in control of our bodies. First things first, EMOTIONS ARE NORMAL! Everyone has emotions, but being able to talk about them takes practice. An emotion is our body's response or reaction to the world around us!

**Discussion: (5 minutes)**

*Lets brainstorm together. How many emotion words do we know?*

- *Write out a visual list of the emotions that the kids have verbalized.*
- *Take turns having kids come up to draw faces next to each emotion word.*

*Watch episode, then complete main activity.*

**Chill Skill® Practice: Bubble Breathing**

## Episode 1

**Chill Skill Practice:** clip from 6:35 - 7:54

Episode 1: Emotions

Now that we've learned that big feelings are normal, what do we do with them? Sometimes big feelings need big help, so we are going to learn all kinds of different Chill Skills to help us calm our bodies down.

**Discussion: (5 minutes)**

- *Why do we use Chill Skills?*
- *Do we do/say things differently when big feelings are around?*
- *Is it okay to need help from other people when we have big feelings?*
- *Do you use any Chill Skills that help you when you feel big feelings?*

Did you know that when we have big feelings, it can change how our bodies breathe? So a good first step to help us calm our bodies is to take some deep breaths. We are going to practice breathing in a special way.

Grown-ups and kids alike all need help to regain control of our mind and bodies when big feelings happen! Bubble breathing is the first of many we will learn together.