

AHN Chill Project™ Presents

Cai & Kate ® Curriculum

Season 2 : Episodes 11-20





Cai & Kate® Curriculum: Season 2





Lessons by Episode

- ☐ **Episode 11: Cai Visits the Doctor**
 - Social Story: Big Feelings While We Wait at the Doctor
 - Activity: Safe Adults
- ☐ **Episode 12: Cai and Kate Visit the Ballpark**
 - Social Story: Big Feelings During the Big Game
 - Activity: The Pom-Pom Teamwork Dash
- ☐ **Episode 13: Cai Goes to the Emergency Room**
 - Social Story: Waiting in the Emergency Room
 - Activity: Telling the Truth
- ☐ **Episode 14: Cai Goes to the Horse Stables**
 - Social Story: Visiting with Therapy Animals
 - Activity: Furry Friend Support
- ☐ **Episode 15: Cai and Kate Go to the Airport**
 - Social Story: Facing Our Fears
 - Activity: Trying New Things
- ☐ **Episode 16: Cai and Kate Go to the Library**
 - Social Story: Practicing Patience
 - Activity: Community Caring
- ☐ **Episode 17: Cai and Kate Go to a Restaurant**
 - Social Story: Ordering Your Own Food
 - Activity: Minding Our Manners
- ☐ **Episode 18: Cai and Kate Go to a Fire Station**
 - Social Story: Help From a Firefighter
 - Activity: Community Clean Up
- ☐ **Episode 19: Cai and Kate Go to the Zoo**
 - Social Story: No Treats from the Gift Shop
 - Activity: Different Abilities
- ☐ **Episode 20: Cai and Kate Go to a Pool**
 - Social Story: The Lifeguard Lookout
 - Activity: Compromise Chameleon





Cai & Kate® Curriculum: Episode 11

 Lesson Name	Safe Adults
 Objectives	Students will learn... <ul style="list-style-type: none">• What to expect when visiting a doctor's office.• How they can use their Chill Skills® while on the go!• About "safe adults" and who they can trust in their community.
 Competencies	<div>Self-Awareness<p>Students will learn to check in with their body while traveling, to determine if they experience big feelings in new settings, like the doctor's office.</p></div> <div>Self-Management<p>Students will learn how they can use the "Chill Skill Travel Pack™" to take their Chill Skills on the go!</p></div> <div>Responsible Decision-Making<p>Students will learn how to prepare for a wellness visit .</p></div> <div>Relationship Skills<p>Students will understand the term "safe adults" and how doctor's fit into this category.</p></div> <div>Social Awareness<p>Students will learn how anxiety may look in the medical setting.</p></div>
Group 11- Introduction	
 Materials	Cai & Kate - Episode 11/prepping handouts/ art supplies listed under art activities section



Trip of the Day



Episode 11: Cai Visits the Doctor

Today's episode highlights the big feelings that someone may experience when going to the doctor's office!

Discussion: (5 minutes)

- Who has been to the doctor's before?
- What are some emotions that you felt during your visit?
- Why do you think some of those feelings arose?

Let's watch the video to see how Cai handles his first time at the doctor!

Chill Check® Review

Episode 11



Chill Check Review: Big Feelings While we Wait at the Doctor's Office

Clip from 2:54-4:17

Supplemental Materials: Chill Check Review Grid Worksheet

Going to the doctor can bring about a variety of big feelings. We are going to watch a clip from the show, and walk through the steps of the chill check, to see the choices that were made by Cai and Kate!

Discussion: Watch clip and talk/fill out each step of the Chill Check along the way. Use supplemental Chill Check Table as your guide:

- **Step 1: Check your Body Clues.**
 - What body clues do we see in Cai? His colors are changing, and he is very fidgety. He also is having trouble waiting.
- **Step 2: Name that Emotion and Number.**
 - What emotion do we think Cai is experiencing? Frustrated and anxious.
 - Based on his body clues, what is Cai's Chillmometer® number (1-5)? Since he seems to be in control of his choices, he is at about a 2 or 3 out of 5. That means it would be helpful to move on in the Chill Check!
- **Step 3: Pause and Hit the Big Feelings Button™.**
 - We don't see Cai actually hit the button in real life, but Kate is pausing to open her Chill Skills Travel Pack™. This pause is like helping Cai hit the button.
- **Step 4: Pick a Chill Skill®.**
 - What Chill Skill did Cai use? The Big Squeeze, and reading a book!
- **Step 5: Recheck your Emotion and Number.**
 - Do we think that helped him? Yes! Cai was able to move on to the next part of his visit, and finish waiting in the waiting room