

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

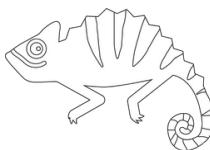


Cai & Kate® Curriculum: Episode 11

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	Self-Awareness 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. Self-Management Students will learn how they can use the "Chill Skill Travel Pack™" to take their Chill Skills on the go! Responsible Decision-Making Students will learn how to prepare for a wellness visit . Relationship Skills Students will understand the term "safe adults" and how doctor's fit into this category. Social Awareness Students will learn how anxiety may look in the medical setting.

Group 11- Introduction

Materials	Cai & Kate - Episode 11/prepping handouts/ art supplies listed under art activities section
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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



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