



CAMP SELWAY Junior



Learning Guide

Episode 1

Bobo Bear's Leafy Problem

In this episode students will meet some of Camp SELway's "Forest Friends" who live in the Wildwood Forest just inside the camp. Bobo is one very upset little bear cub and with the help of his forest friends' tries to identify what he is feeling and why. It is important for students to identify various emotions across situations and how these feelings can influence their behavior. Understanding what we are feeling can be confusing, especially when we experience many different feelings. Students need to learn strategies to help manage strong feelings. The ABCSs will remind them to address those feelings by naming the emotion, using breathing strategies to calm down, and creating a plan for success. Taking deep breaths and practicing belly breathing is a good strategy to overcome frustration and irritation. When students are self-aware of strong feelings they are better able to manage these feelings, think clearly, and focus to become successful.

Learning Objective: Self-Awareness

To identify various emotions across situations and recognize how emotions influence behavior.

SEL Skills:

- Accurately labeling feelings
- Expresses how you are feeling
- Identify emotions that are triggered by situations or events

Key Concepts

- We experience many different feelings.
- Clues in your body help you identify your feelings.
- Certain situations or events can give us strong feelings.
- When you have strong feelings take the following steps:
 - Address your feeling
 - Breathe
 - Create a plan for success

Key Vocabulary:

Irritated, Frustrated, Disappointed, Upset, Mindfulness, Breath, Calm Down

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Comprehension Questions:

What was Bobo doing to tell us that he was upset?

What happened to make Bobo so upset?

How did Bobo's body tell him that he was upset?

What did Buttercup help Bobo do?

What were the two feelings that Bobo named that he was feeling?

Why was Hootie proud of Bobo?

What did Hootie and Buttercup teach Bobo to do to calm down?

What was another word for a way to calm down that Hootie taught Bobo?

Did Bobo's feelings change all at once after he calmed down?

What did Hootie and Buttercup do with Bobo to help him after he calmed down?

Think, Draw & Write:

Materials Needed:

Individual SEL Journals

Colored Pencils or Markers

Pencil

Directions:

What makes you irritated or frustrated? Draw a picture and write about it in your SEL Journal. What happened? How did it feel? How did your body feel? What strategies did you use to feel better? What steps could you use to help you not feel so irritated in the future?



The logo for Camp SELway Junior features the words "CAMP SELWAY" in a bold, red, sans-serif font, stacked vertically. Below "SELWAY" is the word "Junior" in a smaller, red, sans-serif font. The text is set against a yellow, irregular, rounded shape that resembles a sun or a splash of paint.

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Independent Activities

Three stylized green pine trees with brown trunks are arranged in a small cluster on the left side of the page.

Mirror Exploration

Students explore feelings through facial expressions using mirrors.

Materials Needed:

Hand Mirrors

Fun with Feelings Chart (find the chart at the end of this learning guide)

Directions:

Place a few mirrors on a table and let students explore how feelings can make their faces change. Ask them to try expressing different feelings in the mirror and to observe how their faces change. Students can begin with being scared, happy, sad, frustrated, and irritated. Ask how they changed their eyes and mouths to make each emotion? The Camp SELway Fun with Feelings Chart can be used as a guide to explore a variety of feelings.

Three stylized green pine trees with brown trunks are arranged in a small cluster on the right side of the page.

Feelings Have Many Faces Matching Game

Students practice identifying a variety of feelings through facial expressions using this simple matching game. The game is a printable download linked [here](#).

Materials Needed:

Printed Feelings Have Many Faces Matching Game

Game Board

Feeling Faces (to cut out)

Scissors

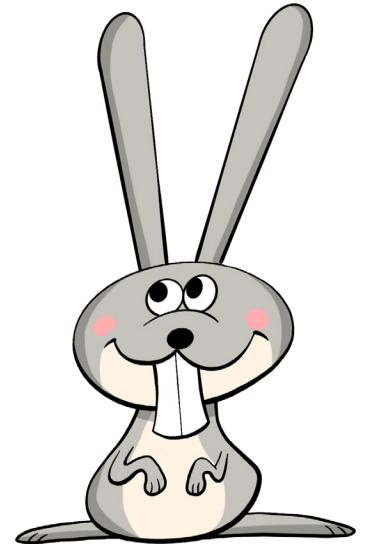
Directions:

It is recommended to print this game on cardstock. Students are given a printed Feelings Have Many Faces Matching Game (2 pages). Page 1 is used as the game board. Students cut along the lines of page 2 to create feeling face cards. They are asked to mix up the cards before matching the feeling word to the feeling face.



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Collaborative Activities



Mirror, Mirror

Students work in pairs to mirror a variety of emotions.

Materials Needed:

Camp SELway Fun with Feeling Chart

Directions:

In pairs students stand facing each other but not touching. One begins by pretending they are looking in the mirror and makes a face showing a specific feeling. The other student acts like the reflection and copies the emotion with their own face. Students are invited to reflect on their experiences with each other. Was it harder to lead or to follow? Was it hard to name the feeling? The Camp SELway Fun with Feelings Chart can be used as a guide to explore a variety of feelings.

Fun With Feelings

Students work in pairs to name and show feelings

Materials Needed:

Camp SELway Fun with Feeling Chart

Scissors

Basket or Container

Directions:

All feeling faces are cut out of the Fun with Feeling Chart and put in a basket. Students take turns randomly pulling out a face, naming the emotion, and asking other students to each 1. say the emotion, 2. show that emotion with their body and face, and 3. finish the statement, "I feel (the emotion) when _____."



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Whole Group Activities

Guess What I Am Feeling Game

Whole group emotion guessing game

Materials Needed:

Camp SELway Feelings List

Directions:

Teacher uses a piece of paper or a small blanket and holds it in front of their face. Slowly lower it down to reveal their face showing a specific feeling. Students guess the feeling the teacher is feeling, and then show everyone their face with that same feeling. Students should be encouraged to talk about the feeling and what might make them feel this way.

If You're Happy And You Know It

Whole group music activity

Materials Needed:

Lyrics to song, "If You're Happy And You Know It"
Camp SELway Fun with Feeling Chart

Directions:

Students are invited to stand or create a circle to sing the song "If You're Happy And You Know It". Lyrics are linked [here](#). Invite children to substitute feeling words for "happy" such as irritated, frustrated, sad, frightened, angry or other feelings found on the Fun with Feeling Chart. Ask them to change their faces to depict the feeling. Discuss with the group what you observed; reinforcing the following key concepts:

We experience many different feelings.

Clues in your body help you identify your feelings.

Certain situations or events can give us strong feelings

When you have strong feelings remember the ABCs:

Address your feeling

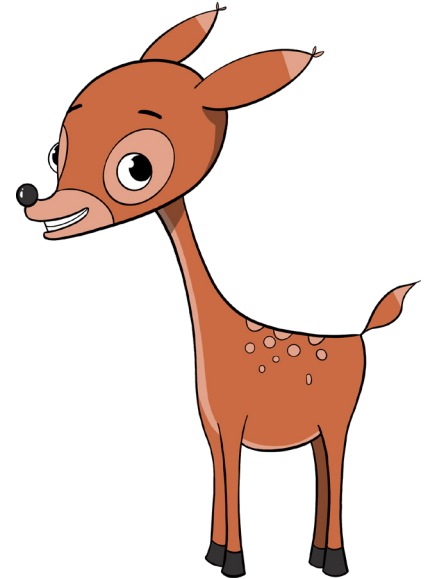
Breathe

Create a plan for success

Practice deep breathing techniques with students.

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Tips for School and Home



Calming Down Techniques

When you have strong feelings they are reminded to calm down by thinking of the ABCs using the following steps:

1. Address your feeling by naming it
2. Breathe to calm down
3. Create a plan for success

Here are some tips to share with students to practice deep breathing to help with strong emotions such as being irritated or frustrated at home or school.

1. Start in a relaxed position - either sitting upright in a chair or laying down on your backs.
2. Breathe normally with one hand on their belly and one hand on their chest. Ask yourself what you notice. What does it feel like? What hand moves more as they breathe? Does your belly move up and down?
3. Breathe in for four seconds until your chest fills with air and the air travels all the way down to your belly.
4. Hold your breath for four seconds.
5. Then, slowly exhale all the air out.

Continue breathing in this way until you feel relaxed. It may be helpful to think to yourself, "Breathing in, calm my mind. Breathing out, calm my body"

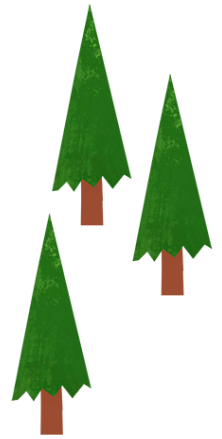
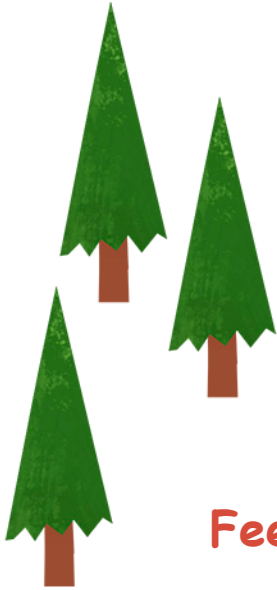
Do you notice a difference from when you started? What do you feel in your body?

Remember you can use this type of breathing in any time you feel nervous, anxious, or stressed at home or school. You may want to practice belly breathing everyday so that you can learn and remember it.

Other ways to practice: If students are having difficulty exhaling slowly, you can use materials to help. Have them try exhaling through a straw, or blowing bubbles, on a feather or pinwheel. You could also try practicing deep breathing with a stuffed animal on the belly.



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Feelings Have Many Faces Matching Game
Game Board

Scared	Angry	Happy	Confused
Nervous	Sad	Proud	Disappointed
Anxious	Disappointed	Peaceful	Silly
Afraid	Irritated	Joyful	Puzzled
Concerned	Frustrated	Ecstatic	Surprised
Overwhelmed	Disgusted	Excited	Hesitant
Fearful	Resentful	Grateful	Misunderstood

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Feelings Have Many Faces Matching Game

Cut out the feeling faces below, mix them up and match to the feeling words on the game board.



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If You're Happy and You Know It

If you're happy and you know it, clap your hands

If you're happy and you know it, clap your hands

If you're happy and you know it, then your face will surely show it

If you're happy and you know it, clap your hands

If you're happy and you know it, stomp your feet

If you're happy and you know it, stomp your feet

If you're happy and you know it, then your face will surely show it

If you're happy and you know it, stomp your feet

If you're happy and you know it, shout "Hurray!" (Hurray!)

If you're happy and you know it, shout "Hurray!" (Hurray!)

If you're happy and you know it, then your face will surely show it

If you're happy and you know it, shout "Hurray!" (Hurray!)

If you're happy and you know it, do all three (hurray!)

If you're happy and you know it, do all three (hurray!)

If you're happy and you know it, then your face will surely show it

If you're happy and you know it, do all three (hurray!)