



CAMP SELWAY



Learning Guide

Episode 1

Time Trials at Camp Selway

In this episode we are introduced to all the fun and excitement of Camp Selway. Leo becomes nervous when he realizes that the climbing wall is so high off the ground. Our bodies often tell us when we have strong feelings. Leo knew he was scared and nervous because his stomach hurt. His friends reminded Leo to stay calm, focus, and breathe in order to be successful. When students are managing strong feelings it is important for them to learn to name what they are feeling, use strategies to calm down, and think through a plan for success. Taking deep breaths and practicing belly breathing is a good strategy to overcome nervousness and anxiety. When strong feelings are under control, students are better able to think clearly, focus, and pay attention.

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:

- Certain situations or events can trigger strong emotions that impact behavior
- It is hard to think clearly and be successful when you feel strong feelings
- Your body gives you clues about how you are feeling
- When you have strong feelings take the following steps:
 - Name your feeling
 - Calm down, focus, and breathe
 - Think through a plan for success

Key Vocabulary:

Nervous, Anxious, Fear, Scared, Communicate, Self-Management, Plan, Breathe

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Comprehension Questions:

What situation made Leo nervous?

What did Leo say to name his feelings?

How did his body tell him that he was nervous?

What other words did Leo use for being nervous?

What is Kabbo's superpower? What did Kabbo say to help Leo?

What is Rina's superpower? What did Rina say to help Leo?

What strategies did Leo use to calm down and be successful?

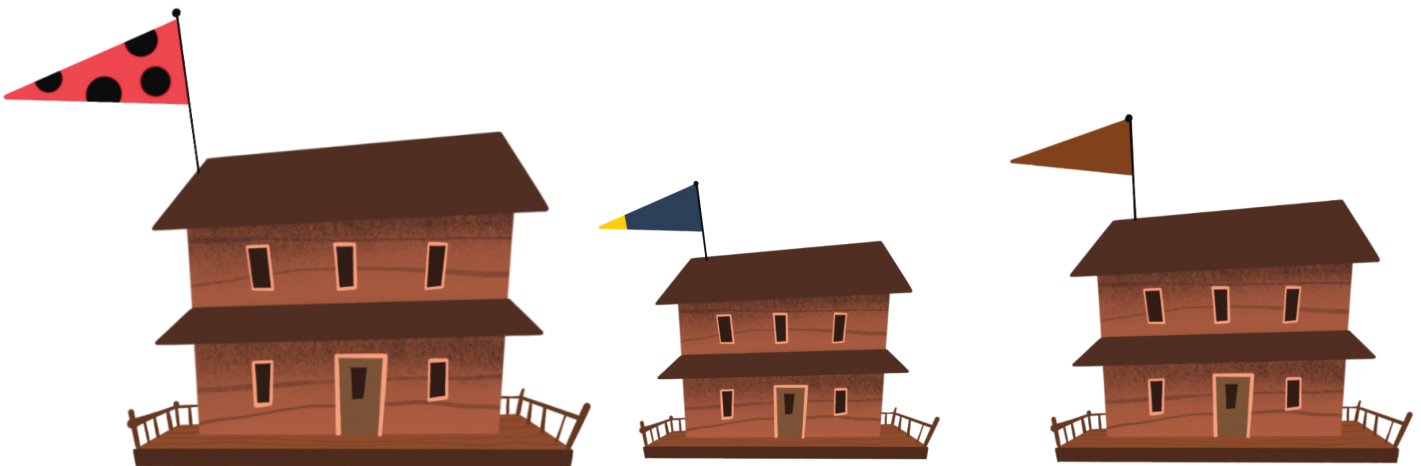
How did Leo feel after he was successful?

How did Leo help Rina?

What advice did Leo and Rina give Willow?

Reflect & Write:

When have you experienced being nervous about doing something? Write a story about it in your SEL Journal. What did it feel like? How did your body feel? What strategies did you use to resolve your feelings? If you didn't overcome these feelings, what steps could you use to help not feel nervous about something in the future?





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Independent Activities

Story Word Search

Find the words in the audio-story. Words can go in any direction and can share letters as they cross over each other.

Anxious Apollo Breathe Camp Communicate Fear Feelings Forest
Friends Fuzzy Hootie Kabbo Leah Leo Nervous Plan
Responsible Rina Scared SelfAwareness Self Management
Selway Team Wildwood Willow

E L B I S N O P S E R I M E W
S E L F M A N A G E M E N T O
S S E N E R A W A F L E S A L
L T J Q K N H O O T I E B C L
N E S R K E U S Z M M A R I I
M X A E B R B S V O N V E N W
K G P H R V R Z G X I D A U T
K W J H C O H E I N A N T M A
K A B B O U F O P N I Y H M C
A R A E F S U D I L Z L E O O
P U B S B S F R E Z A C E C O
O I Z J X B M T U R T N A E N
L T P X F O O F B N A E E M F
L S A F R I E N D S G C A U P
O D O O W D L I W R B Z S M S

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Independent Activities



Egg-cellent Fun with Feelings!

Students will have fun making all sorts of different faces from plastic eggs and interchanging the parts of these emotion eggs as they practice identifying a variety of emotions, including nervous, anxious, and scared. **You'll find a handy chart at the end of this activity guide for making the eggs.**

Materials Needed:

Plastic eggs that break in half (6 per student)

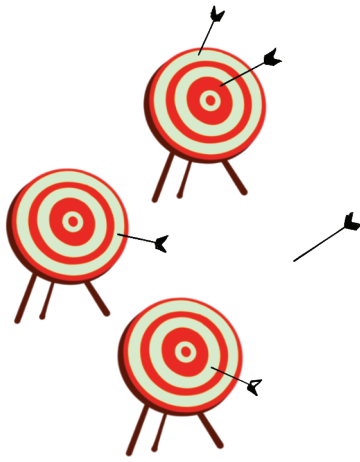
Permanent markers

Mirror

Clay (optional)

Directions:

Students choose at least four emotions from the Egg-cellent Fun With Feelings Chart. They then look in the mirror and make a face to represent each feeling that they selected and copy the feeling by drawing faces on plastic eggs with the eyes on the top half and the mouth on the bottom half. The fun continues when students break and mix egg tops and bottoms to create new and interesting emotions to identify. As an option



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Collaborative Activities

Mirror, Mirror

In pairs students mirror a variety of emotions

Directions:

Students work in pairs, with each designated as a "one" or a "two." The pairs stand facing each other but not touching. The student who is "one" picks a feeling from the Camp Selway Feelings List and begins to move to express the feeling. The student who is "two" guesses the feeling, calls out the emotion and then mirrors the movements; trying to look as much like a mirror reflection of the other student as possible. The pairs switch roles after 4 turns, so that the student who is "two" is initiating the movement and the "one" is following. Invite the students to reflect on their experiences with each other. Was it harder to lead or to follow? Was it hard to name the feeling?

Eggs in a Basket

In pairs or small groups students role play with the emotion eggs.

Materials Needed:

Emotion eggs

Basket or similar container

Directions:

All emotion eggs are put in a basket. Students take turns randomly pulling out an egg, identifying 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 _____." To make it more fun, after every student in the small group has had a turn they can interchange egg parts and start over.





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Whole Group Activity

Which Emoji?

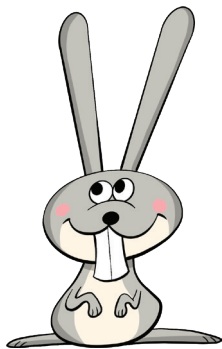
This whole group activity allows students to experience the emotions found in the audio-story using familiar emojis.

Preparation:

Teacher draws 4 emojis on the board to represent nervous, scared, confident, and pride. This can also be prepared by cutting out 4 large circles using yellow poster board or construction paper. On the back of each circle write out one of the 4 emotions listed above. On the front of each circle draw in the appropriate face to represent each emotion using a marker. After the emoji is created use a large popsicle stick and glue it to the back of each circle being careful not to block the word. Teachers may use the Fun With Feelings Chart as a guide.

Directions:

All students form a large circle. Each student walks to the middle of the circle and picks one of the emojis saying, "In the audio-story (student fills in name of the character) was feeling (student shows the emoji) when (student fills in when the character felt this way)." Students can continue to share their experience with these feelings by saying, "I feel this way when (student fills in a time they felt this way), and my body shows it by (student does a body movement or facial expression that represents the feeling). Every time a student demonstrates a feeling with their body the class repeats the feeling back.





Tips for School and Home

Deep Breathing Techniques

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














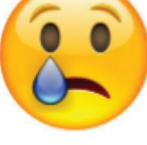

1. Start in a relaxed position - either sitting upright in a chair or laying down on your backs.
2. Breathe normally with one hand on their belly and one hand on their chest. Ask yourself what you notice. What does it feel like? What hand moves more as they breathe? Does your belly move up and down?
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.
6. 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"
7. Do you notice a difference from when you started? What do you feel in your body?
8. 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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Egg-cellent Fun with Feelings Chart

Use the chart below as a guide to help you create emotion eggs

Scared 	Angry 	Happy 
Nervous 	Frustrated 	Proud 
Anxious 	Irritated 	Peaceful 
Afraid 	Disappointed 	Excited 
Surprised 	Sad 	Silly 



Feelings List

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