



Stop, Breathe, Say



****This lesson plan can be taught over the course of a few days or weeks.**

TEACHING POINT:

Listen to the song: “Stop, Breathe, Say” to learn a 3 part process to help you stay calm while expressing how you feel.

Watch Willamina Pickles and Penelope in action as they discuss how to use “Stop, Breathe, Say.”

Practice Stop, Breathe, Say by role playing different scenarios. Create a poster showing the steps on how to Stop, Breathe, Say!

MATERIALS:

[“Stop, Breathe, Say” by Shari Carter and Mariella Price](#)

Stop, Breathe, Say video featuring Willamina Pickles and Penelope (link below in WATCH section)

Role playing- Puppets (optional)

Poster- poster paper, markers, crayon, or medium of choice

LESSON PLAN

TALK ABOUT:

Today, you’re going to learn how to make better choices if you feel angry or have an argument with someone by learning a 3 step process called Stop (hold your hand in a halt gesture), Breathe (hold hand to chest), Say (point to your mouth). Check out Willamina and Penelope for a demonstration.

STOP: Freeze in place (stay quiet) and get ready to breathe

BREATHE: Inhale and exhale until you feel calm. Think about what you're going to say (remember to be kind).

SAY: Use kind words to express how you feel.

QUESTIONS:

Who has ever been so angry inside that you felt like yelling or using your hands in a negative way to express how you feel?

Was it because someone said something hurtful?

Instead of using your hands, yelling, or saying hurtful things, what are some other ways you can stay calm while expressing yourself? (listen to music, take a walk, read a book, talk to a friend or adult, journal, take a sip of water, etc.)

Make a list of these things and keep them in a place where everyone can see and refer to.

LISTEN:

To the song, "Stop, Breathe, Say and practice the hand movements. Stop (hold your hand in a halt gesture), Breathe (hold hand to chest), Say (point to your mouth).

CREATE:

Have the kids make a poster that illustrates Stop, Breathe, Say

PRACTICE:

Stop, Breathe, Say by role playing these situations:

Taking turns, not sharing, cutting in line, grabbing a toy, respect.

WATCH:

[Willamina and Penelope on YouTube talk about Stop, Breathe, Say.](#)

Questions for the video with Willamina and Penelope:

- 1. What do you do when you stop? (freeze and get ready to breathe)**
- 2. Breathing helps you? (calm down)**
- 3. When we say how we feel in a kind and caring way it helps us to? (get along with others)**

