

## Bottled Up

Name(s):

School:

District:

Grade(s) Served: K, 1, 2, 3, 4, 5

Domain: Personal-Social

### Activity

This lesson provides a visual for students that represents "bottled up" feelings. Students will learn that when they are experiencing something difficult, there are different ways to cope with those feelings that can help.

### Lesson Topic

Relationship between self and others in the broader world communication strategies

### ASCA Mindset Standards

M 1. Belief in development of whole self, including a healthy balance of mental, social/emotional and physical well-being

### ASCA Behavior Standards

B-SMS 7. Demonstrate effective coping skills when faced with a problem  
B-SS 1. Use effective oral and written communication skills and listening skills  
B-SS 2. Create positive and supportive relationships with other students  
B-SS 5. Demonstrate ethical decision-making and social responsibility  
B-SS 6. Use effective collaboration and cooperation skills

### Learning Objectives

Using a visual and a handout, students will discuss different emotions, like anger or sadness, and what they can do to cope with those feelings.

## Materials

Pre and post survey, pens/pencils, 1/2 cup water, food coloring, 1/2 cup bleach, empty water bottle (with lid), a few paper towels, and handout (optional).

## Handouts/Resource

See handout in lesson table

## Procedure

Distribute pre surveys

Prepare for the activity by adding the water to the bottle.

Have a child pick a color to represent anger, add a drop to the bottle, have another child pick a color to represent sadness, and then add that to the bottle. You may continue this with a couple more colors/emotions.

When the colors have all mixed, tell the students that when feelings are bottled up inside like this, it can be frustrating. Ask students what they can do when they feel different emotions. For example, when a student feels angry, maybe they should take some alone time, tell someone they trust about their feelings, or go on a walk, etc.

Distribute the handout (depending on age of kids you may need to do this as a group discussion)

When then handout is complete, add the bleach to the water and explain to the students that this represents speaking about their feelings or finding a way to cope with them.

After a minute or so the water will turn gold/clear.

Distribute the post survey.

**Plan for Evaluation:** How will each of the following be captured?

## Process Data

Schedule for conducting the lesson, and roster of students.

## Perception Data

Student Survey

## **Outcome Data**

Pre Vs. Post survey results

## **Follow Up Plan for Students Who Do Not Meet Objectives**

One-on-one meetings