Turn Your K-5 Curriculum into Experiential Wonders

Webinar Presenters:
- Peggy Rubens-Ellis
- Lauren Baker

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Lauren and Peggy 1990
Learning outcomes:

• Articulate the goals and learning outcomes of an experiential lesson plan.

• Activities that you can use right away—easy to do and inexpensive---flexible enough to use in a variety of K-8 classrooms and to supplement a wide variety of SEL.

• Ideas on how to make your lessons flexible and usable in different types of spaces and with co-teachers with different amounts of investment in the experiential social emotional learning process.

• Some favorite resources that help us make our lessons shine.
“Tell me and I will forget, 
Teach me and I will remember, 
Involve me and I will learn”
~ Benjamin Franklin

Kolb’s Experiential Learning Theory

CONCRETE experience

ACTIVE experimentation

REFLECTIVE observation

THINKING abstract

“Learning is the process whereby knowledge is created through the transformation of experience”

(David Kolb)
“Blow Hard”
Anger Management, Conflict Resolution

Materials Needed:
3-4 pieces of 8 ½ X 11 clear acetate or overhead transparency sheet
3-4 ping pong balls
Clear tape
The Lawyer Game GOALS

- Engage Higher Level Thinking Skills
- Problem solving
- Reduction of bullying/teasing

The Lawyer Game

Just Joking | Joking on purpose | Teasing | Bullying
Example:
Joanne and Marcus go to a reading class together. Every time the teacher comes to get them, Bill, Jamilla and Sawyer say, “Ohhh, they are boyfriend and girlfriend.”

<table>
<thead>
<tr>
<th>Just Joking</th>
<th>Joking on purpose</th>
<th>Teasing Someone’s feelings are hurt on purpose</th>
<th>BULLYING/HARASSMENT</th>
</tr>
</thead>
<tbody>
<tr>
<td>This is clearly a joke</td>
<td>Someone’s feeling might get hurt by accident</td>
<td>Student Three: I would put it in between Just Joking and Teasing because I think they are just joking around but they may know that it would be hurtful.</td>
<td>Student two: This is definitely bullying and harassment. I mean they are calling attention to the students and it happens everyday.</td>
</tr>
</tbody>
</table>
Judge: Well what I would like to say about this is that the clue for me is that it happens EVERYDAY. I would agree with student two who thought it was bullying because it sounds embarrassing and humiliating to experience that every day. Those kids should have a right to go to the best reading group for them without having to be humiliated each time.
The ABC’s of Anger Management

- Goals
- Learn Strategies for Managing Anger
- Use multiple modalities to have a body memory of self-soothing ideas.
Anger Drawings

To articulate how anger looks for different people and in different situations.

Consider teaming with the art teacher to allow for more time.

Can use in many different ways including as a teacher exercise, individual or group counseling sessions.
Anger Drawings
Anger Art Project
• This is brother stress

• The Blue represents school stress.
“Back Art”
Communication, Rumors & Gossip

“All Tied Up”
Habit formation, Lying
Contact Information

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Please tell us how you use these activities and how your class responded.
We love feedback!
Top Ten Things in My Office—Peggy

1. Branch Out—Fun game. You can make a version of this on your own.
   http://www.cultivatingconnections.com/ Works well in any setting—classroom, groups etc.


3. Simon’s Hook by Karen Gedig Burnett This book is so great. Students love it and so do I. Look on Pinterest for activity ideas (and I will have my lesson plan on this one in my book). https://grandmarose.com/books/simons-hook/

4. Breathing Ball

   https://www.amazon.com/Hoberman-CRE-04452-Mini-Sphere-Rainbow/dp/B003ZDNREU/ref=sr_1_10?keywords=breathing+ball&qid=1559087576&s=gateway&sr=8-10

   This goes along well with the curriculum from Yoga Calm www.yogacalm.org

5. Processing the Adventure Experience by Nadler and Luckner
   Teaches you how to process experiential learning using What, So What and Now What as it’s guide.


7. 1-5 point scale poster—great visual aide
   https://www.amazon.com/5-Point-Scale-Anxiety-Curve-Poster/dp/1934575364

8. Turtle Puppet—My first tool as a school counselor and still my main buddy. I love that his head can go into his shell.

9. Rubber Brain—a good reminder for me that it’s good to always keep the brain in mind when teaching about handling big emotions. Plus, I can make jokes—such as “I forgot my brain today.”
This goes well with *The Whole Brain* by Daniel Siegel and Tina Payne Bryant. Their cartoons are amazing and can be modified to use with students.

And the very fun *A Walk in the Rain with a Brain* by Edward Hallowell

10. **Bubble Gum Brain** by Julia Cook This book is about positive mindset.

Please also check out my website [www.peggyrubens-ellis.com](http://www.peggyrubens-ellis.com) for blog postings and links to great resources or look for me on facebook.
Top 10 Things in My Office - Lauren

1. Hoberman Sphere
   • Deep breathing visual aid
2. Tape Measure
   • Use often when discussing life line
3. Play Telescope
   • Shift focus visual aid
4. Sand Tray
   • Some training required
5. Bop bag
   • Aggression toy
6. Putty
   • Stress/anxiety relief
7. Squiggle Connect (game)
8. Bubble Talk (game)
9. 1-5 Scale (poster)
   • [https://www.amazon.com/5-Point-Scale-Anxiety-Curve-Poster/dp/1934575364](https://www.amazon.com/5-Point-Scale-Anxiety-Curve-Poster/dp/1934575364)
10. X-Large cardboard moving box
    • Quiet space for de-escalating