



Student Workbook

Grade 1



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KEY PARTNERS:



ZOOM WITH MY EARS

Today I will learn to:
Hear mindfully.

WHEN I WANT TO CALM DOWN OR PAY ATTENTION,
I ZOOM WITH MY EARS



Module 1 With Myself

General Skill Self-Awareness

Specific Skill Self-Concept

THAT'S ME

Today I will learn to:
Describe who I am.

Lesson
1

My Self-Portrait

Today I will learn to:
Value what I can do now and before couldn't.

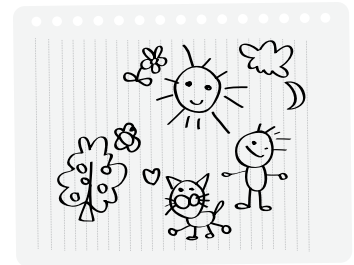
Now I can...



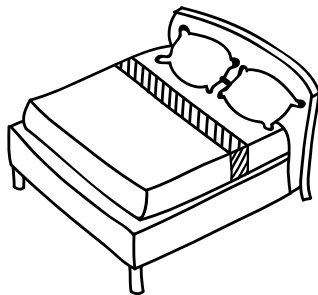
Tie my shoes



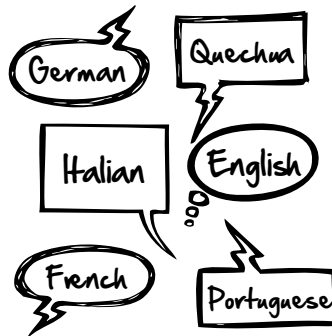
Say the same word in different languages



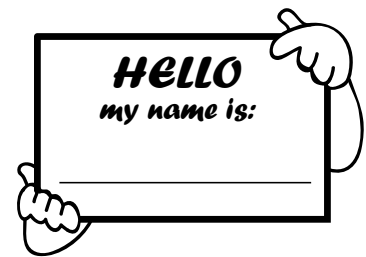
Draw



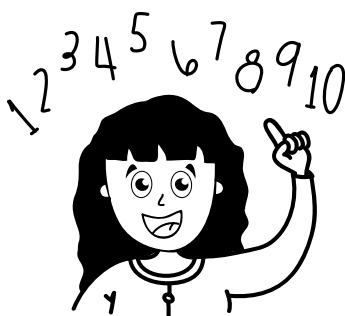
Make my bed



Speak another language



Write my name



Count to ten



Count by tens



Color

Today I will learn to:
Notice how I am feeling.

I Recognize My Emotions



Emotion: Sadness



Emotion: Anger



Emotion: Fear



Emotion: Anxiety



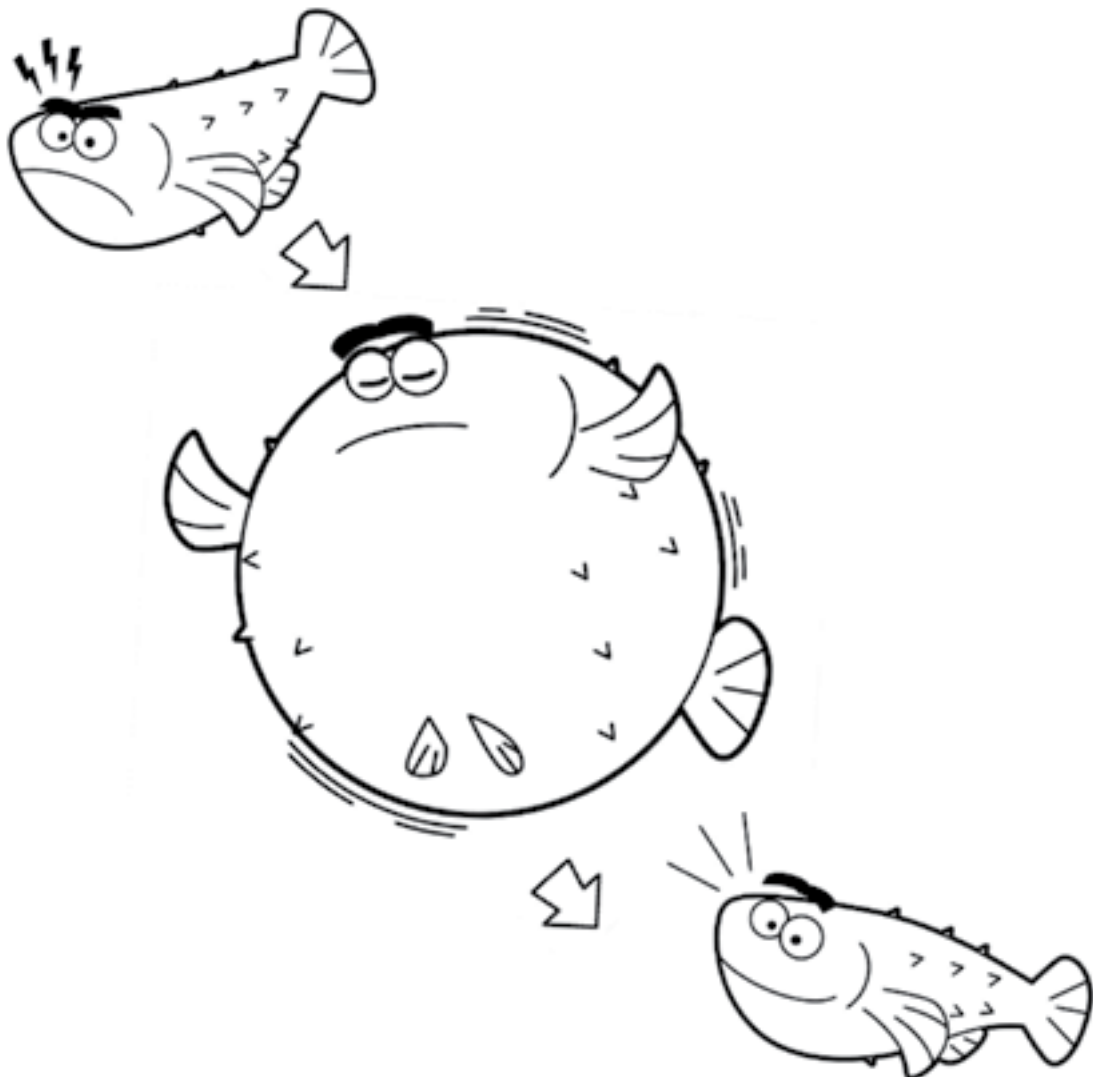
Emotion: Happiness

Today I will learn to:
Breathe deeply to calm down.

The Story of Puffy

Puffy the blowfish lives in the ocean. He has lots of friends and he really likes to play with them. At some point, however, Puffy was very worried. His friends didn't want to be around him anymore because he always got mad and treated them badly. Sometimes, he even hit them. But Puffy found a solution: he learned how to calm down! One day, he realized that if he took deep breaths and puffed way up to double his size, he calmed down and he didn't treat his friends badly anymore. Then, he could calmly tell them what he wanted. Now, when Puffy feels mad or afraid:

1. He stays still.
2. He takes slow, deep breaths until he puffs up to double his size.



Let's Color Puffy!

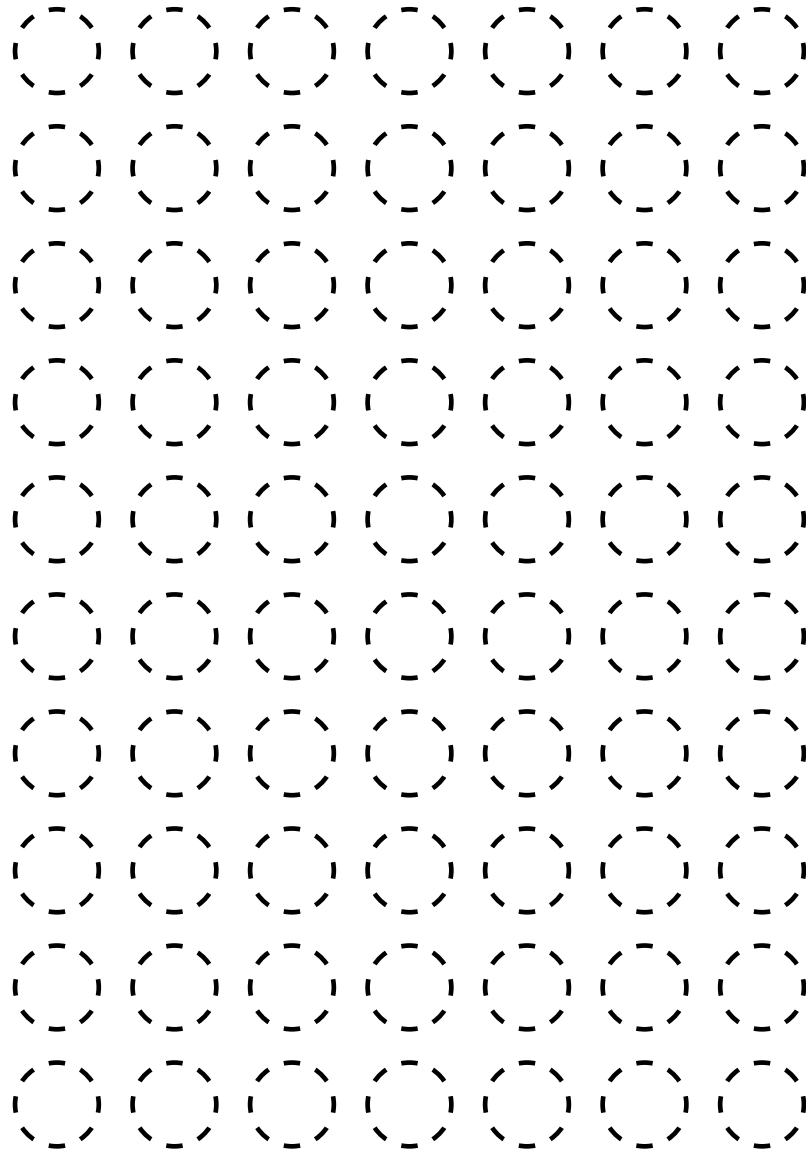


When you're mad or scared and you want to calm down,
let Puffy help you erase that frown

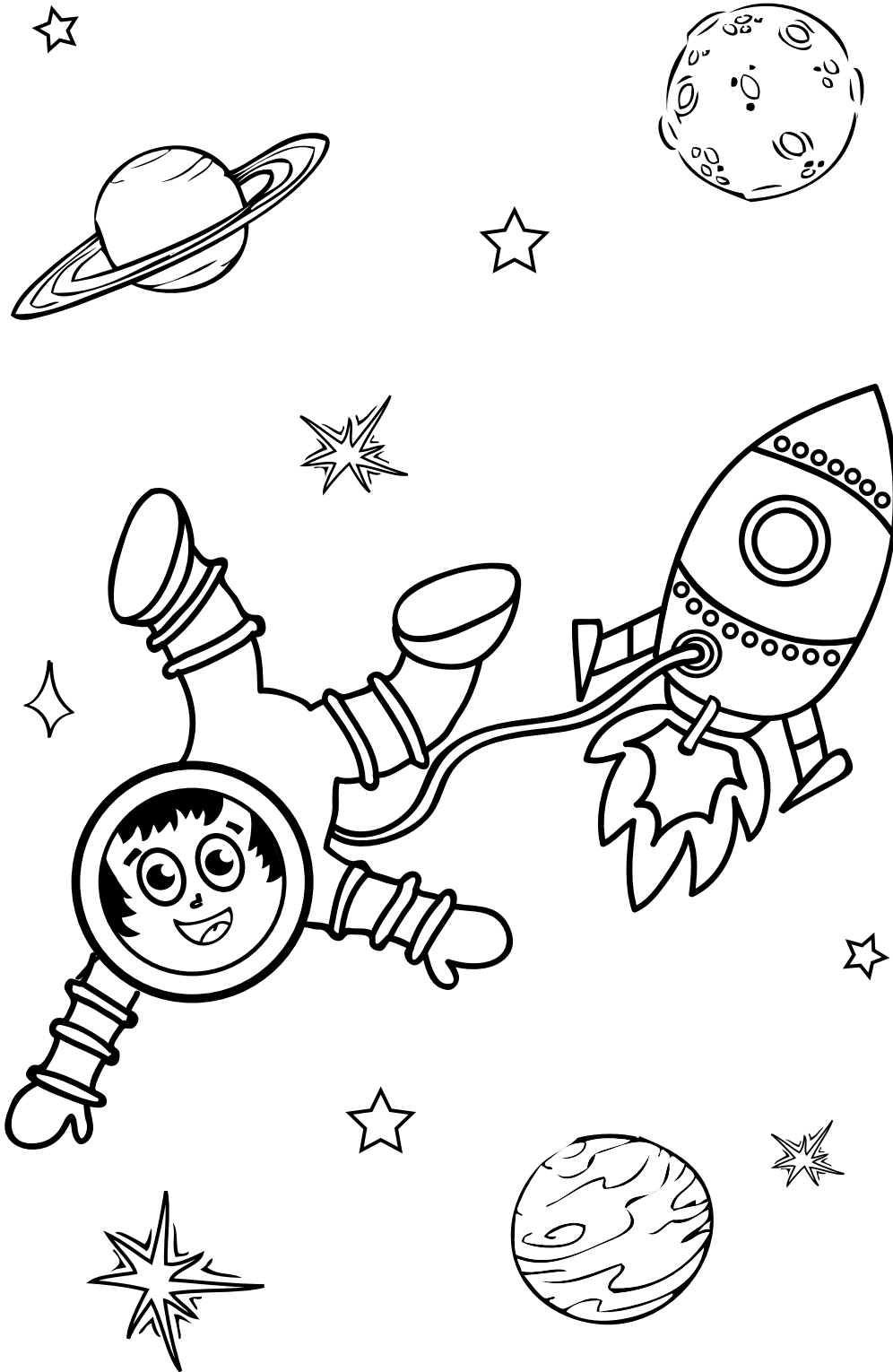
1. Sit still.
2. Take slow, deep breaths and try to puff up like Puffy.

Today I will learn to:
Finish what I have to do before doing what I want.

Part 1



Part 2



Today I will learn to:
Calm down when I don't get what I want.



Pat, help me calm down
and accept things I cannot change!

1. Illustration taken from: Paz, A. y Paz, C. (2014). *Otto* in "Paso a Paso" Collection. Lima: World Bank.

Today I will learn to:
See through other people's eyes.

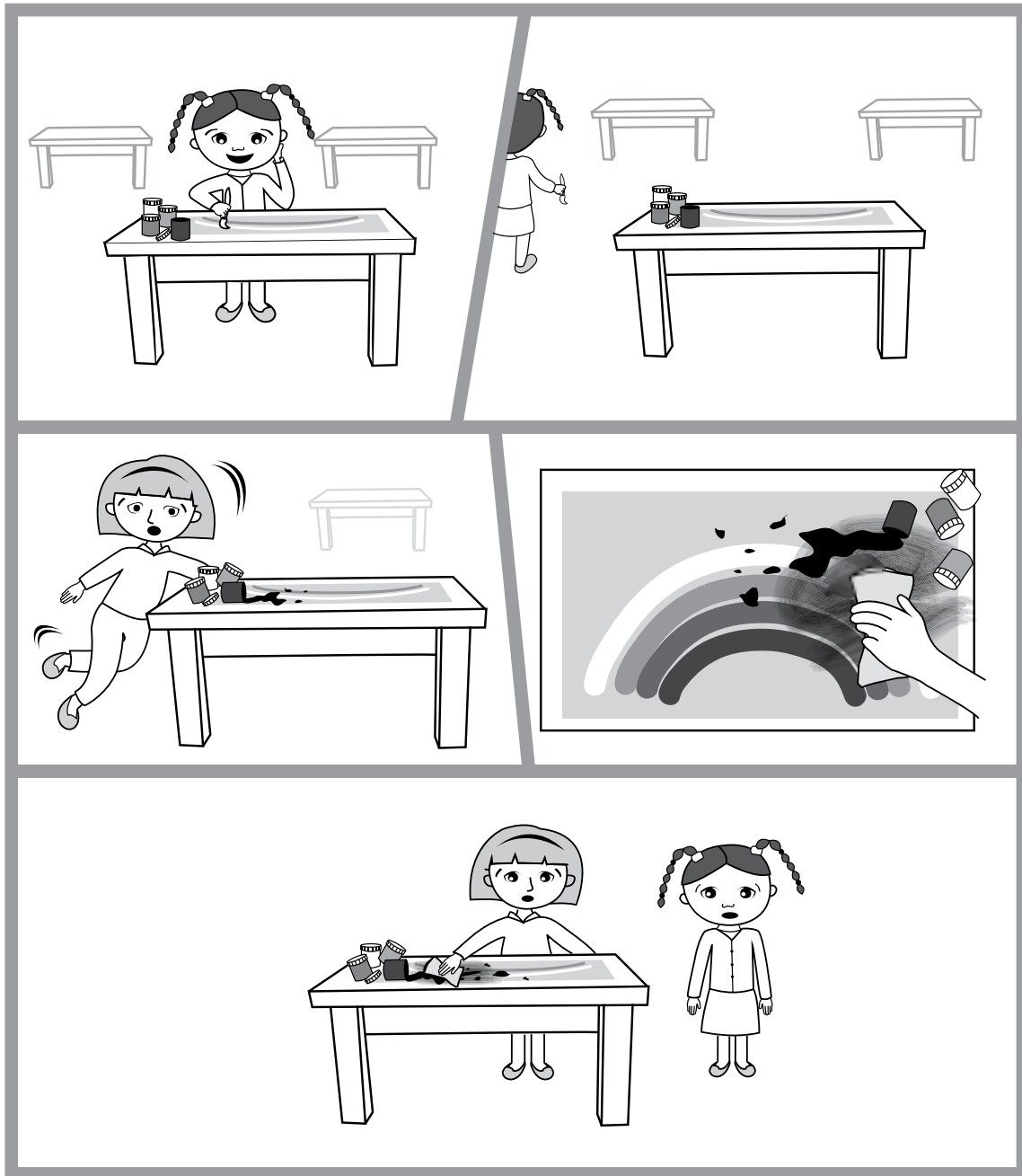
Mystery I

Where's my book?



Mystery II

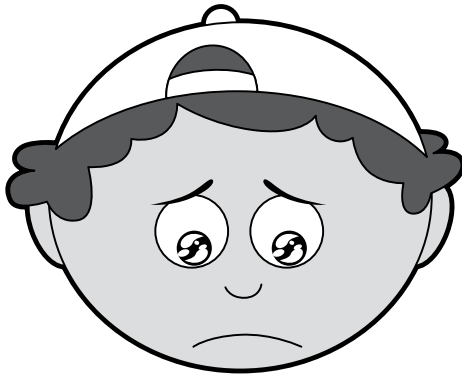
How did my drawing get dirty?



Today I will learn to:
Observe someone else's face to know how they feel.

Discovering Other People's Emotions

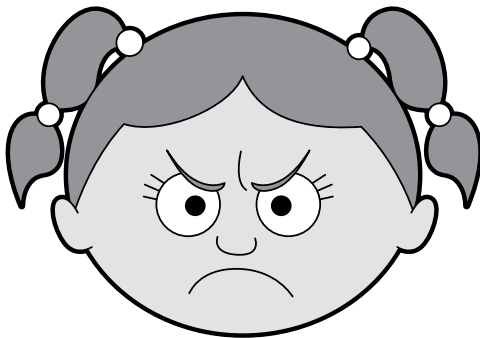
Emotion: Sadness



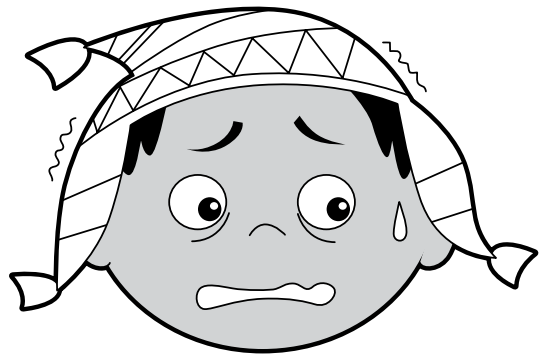
Emotion: Happiness



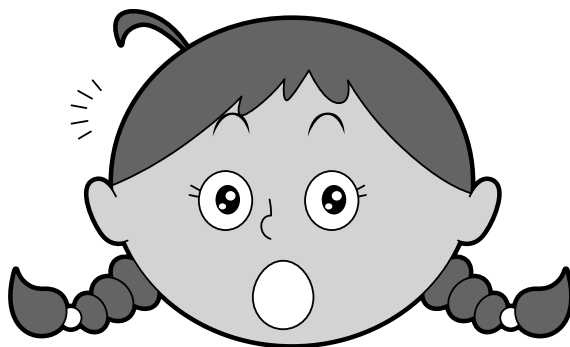
Emotion: Anger



Emotion: Fear



Emotion: Surprise



Today I will learn to:
Notice when someone needs help.

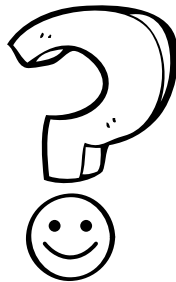
Help Code

1



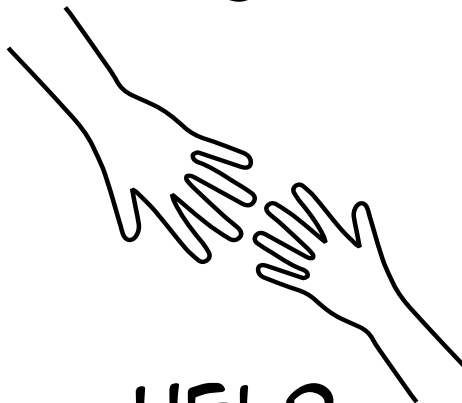
LOOK

2



ASK

3



HELP

Today I will learn to:

Say no nicely and firmly when I don't like something.

Sayno the Dino²

Rosa feels very sad because people have been yelling at her and insulting other children at school.

For example, the other day, Clara didn't stop kicking her desk and Rosa ended up ruining the piece of paper she was drawing on. Then Rosa turned around and told Clara she was stupid. Clara answered, "You're the stupid one!" and she walked off.

Lots of other things like this happened... Rosa is tired of this ...

Rosa runs into Sayno the Dino, who tells her:

"I had the same problem, but I realized that the situation only got worse when I yelled at, insulted, and pushed others. The other day, my classmate took my pencil without asking first. I wanted to tell him to stop being mean, but I thought, 'I have to tell him clearly not to bother me so he won't do it again.' I understood, then, that we can avoid fights when other people act in a way that we don't like if we tell them clearly and calmly, 'I don't like it when you do that...' or 'I don't want you to say that to me again...,' and then tell them what you're feeling: 'That really bothers me...' or 'I get mad when you say that.'"

2. Story adapted from the Aulas en Paz Program (www.aulasenpaz.org).

SAYNO THE DINO'S TRICK

FIRST,
NICELY
SAY "NO."

THEN,
EXPLAIN
HOW
YOU FEEL.



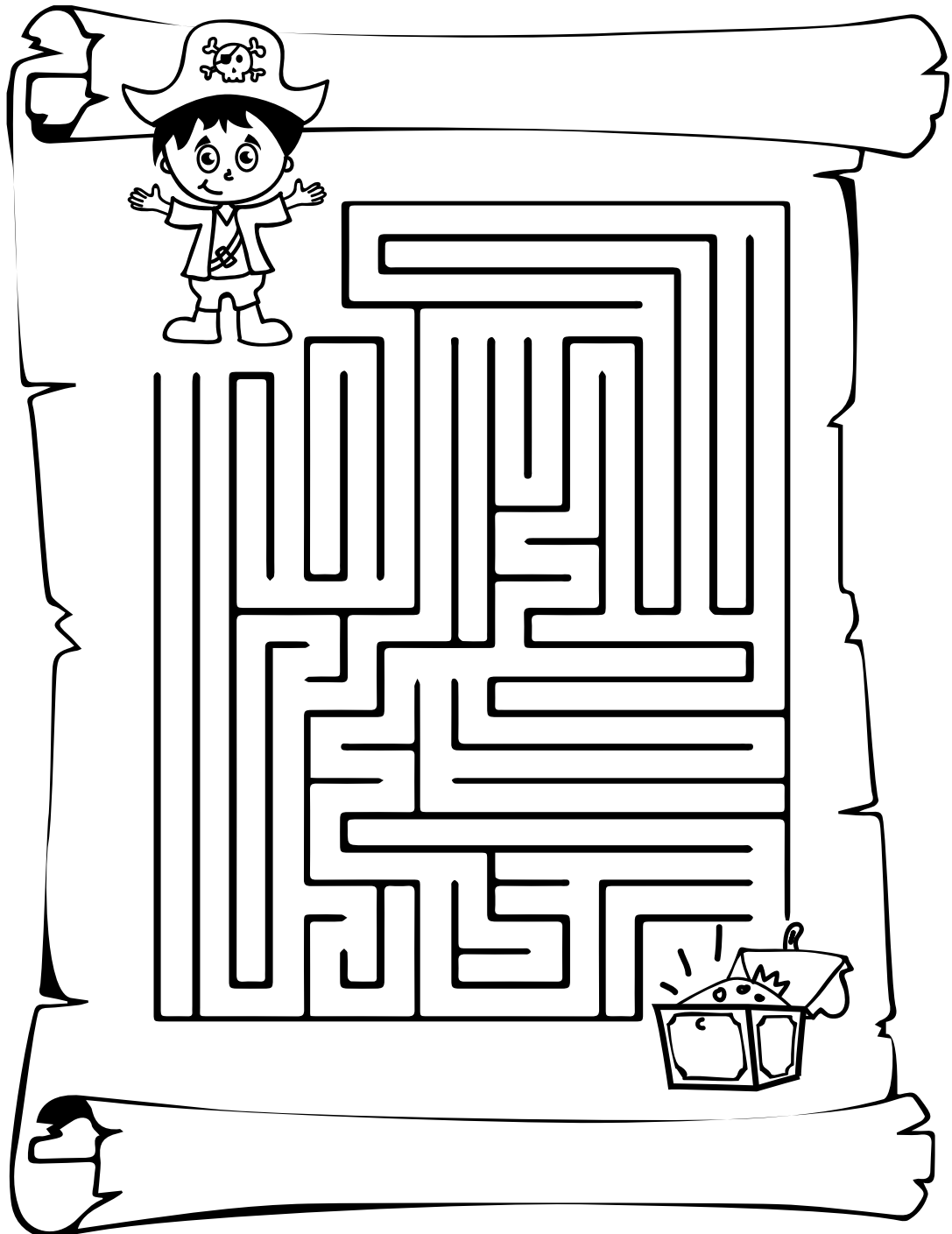
MANUELA THE CATERPILLAR

Today I will learn to:
Break down difficult tasks
into smaller tasks that I can manage.

Make Manuela, Step by Step



Pirate Paul's Treasure Hunt



Today I will learn to:
Use my imagination to reduce my stress.

Gina and Her Imagination



BRAINSTORMING

Today I will learn to:
Come up with lots of ideas on a single topic.

Hello Yellow³

Think of lots of things of a certain color and count them by making marks:

Color: Yellow

Color: _____	Color: _____

3. Adapted from Jr Imagination (n.d.) Retrieved on October 3, 2015 from <http://www.jrimagination.com/blog/2011/11/11/the-powerful-fours-of-creative-thinking.html>.

Today I will learn to:
Form my own opinion.

The Story of Frida and Frodo

Frida and Frodo are two friends who are in first grade. Frida and Frodo love to play together and share their ideas. These two friends care a lot about one another, but they're also very different. Frida's favorite color is green, and Frodo's is purple. Frida likes to jump rope, and Frodo likes to play soccer. Frida likes rainy days. Frodo, on the other hand, likes sunny days. Frida loves to talk and laugh really loud, while Frodo is serious and quiet.

Scene 1:

One day, Frida and Frodo were at recess, looking for shapes in the clouds.

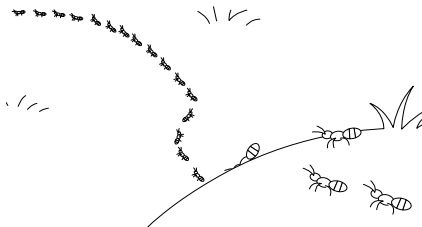
"Look, Frodo! It's a giant snail!" exclaimed Frida excitedly.

"What snail? I see a camel," answered Frodo.



Scene 2:

While they were looking for shapes in the clouds, Frida and Frodo realized there was a line of ants walking by them.



"Look, Frida! Ants!" said Frodo.

"They look like they really want to get somewhere. Where do you think they're going?" wondered Frida.

"I bet they're going to get food," responded Frodo.

"I think something different. I bet they're going to look for someplace to live," said Frida.

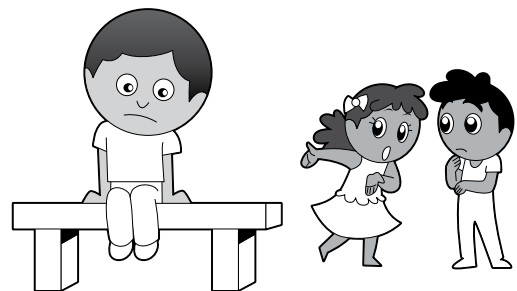
Scene 3:

Frida and Frodo were looking at the ants when something caught their attention in the schoolyard. While the rest of the children were running and playing, Renato was sitting alone on a bench.

"Look, Frida. Renato's all alone on that bench. What should we do?" asked Frodo.

"I think we should leave him alone. He's probably there because he's mad and he doesn't want anyone to bother him," said Frida.

"I'm not so sure. I think he might be sad. We should go talk to him," said Frodo.

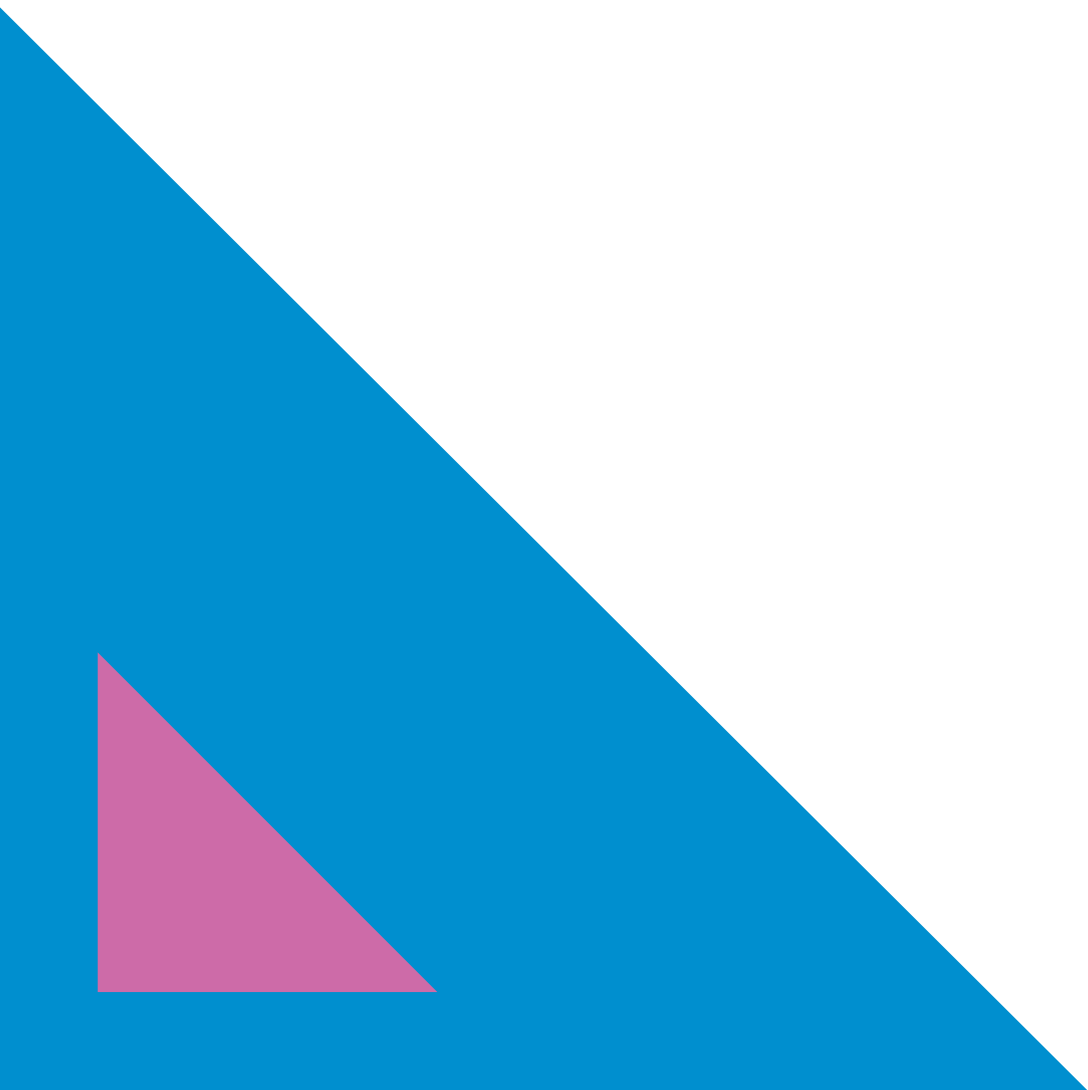


Today I will learn to:
Take good care of myself and my stuff.

Situations to Represent

Each group is going to represent the situation with their group number:

1. A child is playing in the street and a stranger walks over to talk to him.
2. A child gives another child firecrackers to set off.
3. A child is angry and doesn't want to brush her teeth.
4. It's dinner time and the child is very hungry, he has to choose between eating a chocolate bar now or wait a few minutes until dinner is served.
5. A child is playing with friends in the park and they suggest crossing the street to see what's out there.





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