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| **Section: Taming the Dragon** | | | |
| **Objective:** | | Children will learn about and practice a few self management strategies.  SEL Competency: Self Management  Developmental level: Foundational  Key message: emotions are like inner dragons, we can tame our inner dragons with simple tools.  Time: 15 mins | |
|  | **Character name** | | **Content:** *Format*  (TONE OF ADDRESS)/‘Lines from script’/song/sound clip no. |
| **1.** | FX (sound FX) | | *STANDARD INTRODUCTORY JINGLE NO.xx* |
| **2.** | Host | | Today we’re going to play a game where we imagine that we are wild dragons. Does that sound fun? |
| **3.** | All | | Yes! |
|  | FX (sound FX) | | Fade in of Sound to convey peaceful/ graceful movement. Something calm and soothing over next text line |
| **4.** | Host | | Imagine you have big, beautiful wings to fly with and that you can spit balls of fire!  Can you imagine that for me? how about you at home? Can you imagine you have big beautiful wings and can spit out balls of fire!? |
|  | All | | Yes! |
|  | Host | | I want you stand up where you are and begin moving around the room like a dragon. Flap your arms to fly around slowly and freely. |
| **5.** | FX (sound FX) | | Fade out of Sound to convey peaceful/ graceful movement. Something calm and soothing |
| **6.** | Host | | Can you do that for me? |
| **7.** | All | | (EXCITEDLY) Yes! |
| **8.** | Host | | Pefect! I’m going to give you some time to move slowly and calmly along with the music! |
| **9.** | FX (sound FX) | | LOUDER Sound to convey peaceful/ graceful movement. 30 Seconds |
| **10.** | Host | | How does that feel? |
| **11.** | All | | Good! |
| **12.** | Host | | Very good! Now, I want you to imagine that that there is someone on your back riding you like a horse. Trying to control you.  Move along with my instructions! |
| **13.** | FX (sound FX) | | Sound to convey danger/fear etc. something choppy… 30 seconds. Over next text exchange |
| **14.** | Host | | Imagine that you do not want to be controlled. Imagine trying to break free. Are you doing that for me? |
| **15.** | All | | Yes! |
|  | Host | | Very good!  Try flapping your wings wildly, spit fireballs, run around as fast as you can! |
|  | FX (sound FX) | | Fadeout of Sound to convey danger/fear etc. something choppy… |
|  | Host | | Now, I want you to imagine someone nice comes and asks you gently for a ride.  You trust the person, and so, you let them ride on you back and guide you. |
|  | FX (sound FX) | | FADE IN of Sound to convey peaceful/ graceful movement. Something calm and soothing. 30 seconds |
| **16.** | Host | | Now you’re flying around the room happy, calm and gently. Imagine all the new places you’re seeing with your friend on your back. Imagine all the amazing things you’re seeing from the sky as you fly around! |
| **17.** | FX (sound FX) | | Fade out of Sound to convey peaceful/ graceful movement. Something calm and soothing. |
| **18.** | Host | | Today, we’re going to talk about how to manage our emotions in a way that we can enjoy our emotions at the right time.  Our emotions are like this dragon inside us, we need to learn the right way to guide them so we can enjoy them.  But what might happen to a dragon who is out of control? What can it do to the people and things around her/him? |
| **19.** | Child A | | Dragons can be really scary and angry. |
| **20.** | Child B | | It could hurt someone |
| **21.** | Host | | Exactly! To keep our inner dragon away from hurting ourselves or others, we have to teach it to go higher or lower, faster or slower, and when to stop when we need to. When we feel strong emotions, like anger, fear, or even happiness, we need to feel them at the right level, not too little, not too much.  Now we’re going to hear a story about the Super Twins. The Super Twins help us manage our emotions, like the safe and kind friend you pretended to let ride you before. |
| **22.** | FX (sound FX) | | Sound to introduce read aloud story |
| **23.** | Purple Twin and Orange Twin TOGETHER | | (EXCITEDLY)  Hi! We are the Super Twins. |
| **24.** | Purple Twin | | Do you know where our power is? |
| **25.** | Orange Twin | | It’s not in our fists, or in our tongues… |
|  | Purple Twin | | It’s in our brains. |
|  | Orange Twin | | And with our brains we trained our dragons. |
|  | Purple Twin | | Emotions are like Dragons, they can be scary but they can also be warm and a lot of fun if you know how to train them! |
|  | Orange Twin | | Like when someone pushes us, when we lose our pencils, when we feel scared or so happy we want to jump in our desks… |
|  | Purple Twin | | …our dragon wakes up and wants to fly and spit fire! |
|  | Orange Twin | | We know how to train it, and we will tell you so you can do it too! Just follow these steps! |
|  | FX (Sound FX) | | FADE IN calm soothing sounds over next text line |
|  | Purple Twin | | (CALMLY) I’m the purple twin! My super power is that I can slow the dragon down!  When we are feeling too intense, like going too fast, we stop and take at least three deep breaths. This gets our heart rate down a bit.  Then we count backwards from 10 to 1 or think of things we like until we feel calmed.  This is like helping the dragon slow down and to not get too fierce. |
|  | FX (Sound FX) | | FADE OUT calm soothing sounds over next text line |
|  | FX (Sound FX) | | FADE IN increasingly excited / motivating music over next text line. |
|  | Orange Twin | | (EXCITEDLY) I’m the orange twin! My super power is that I can make the dragon excited and ready to move!  When we are feeling down or sad. Or when we are not feeling much, like going too slow, we can stand up and jump high, like we just scored the winning point. This gets our blood moving a little.  Then we think of the feeling we like to feel (happy, proud, excited, amused) and the things that usually make us feel that way.  This is like helping the dragon to fly higher and putting some fire into it. |
|  | FX (Sound FX) | | FADE OUT increasingly excited / motivating music over next text line. |
|  | FX (sound FX) | | Sound to end read aloud story |
|  | Host | | What did you think? Do you like the Super Twins? |
|  | All | | Yes |
|  | Host | | Do you want to practice the super powers that the Super Twins told us about? |
|  | All | | Yes |
|  | Host | | (EXCITEDLY) Ok! Let’s go!  (SOOTHING) I want you to imagine you’re dragons again, just like we did in the beginning. I want you to imagine flying around the room. Flap your wing. |
|  | FX (sound FX) | | FADE IN Sound to convey peaceful/ graceful movement. Something calm and soothing. |
|  | Host | | (SOOTHING) Are you flying? |
|  | All | | (HAPPILY) Yes |
|  | Host | | (SOOTHING) Very good! |
|  | FX (sound FX) | | 30 seconds of same Sound to convey peaceful/ graceful movement. Something calm and soothing. |
|  | Host | | (EXCITEDLY) Now, after I count to three, I want you all to go fast and out of control.  One…  Two…  Three…. |
|  | FX (sound FX) | | FADE IN Sound to convey danger/fear/ excitement etc. something choppy… |
|  | Host | | (LOUDER BUT CALM) Are you flying? |
|  | All | | (EXCTEDLY) Yes |
|  | Host | | Keep going! |
|  | FX (sound FX) | | 30 seconds Sound to convey danger/fear/ excitement etc. something choppy… |
|  | FX (sound FX) | | Fadeout of Sound to convey danger/fear etc. something choppy… |
|  | Host | | Now, take at least three deep, long, deep, breaths so you can calm down and regain control.  With each breath, you should slow down and once again fly around in a calm and peaceful way.  Ready?! |
|  | All | | Yes |
|  | Host | | Ok! Breathe with me!  Breathe in through the nose for one…  Two…  Three… |
|  | FX (sound FX) | | Sound of loud inhaling |
|  | Host | | And out through your mouth for one…  Two…  Three…  Start slowing down, little by little |
|  | FX (sound FX) | | Sound of loud exhaling |
|  | Host | | And again…  Breathe in through the nose for one…  Two…  Three… |
|  | FX (sound FX) | | Sound of loud inhaling |
|  | Host | | And out through your mouth for one…  Two…  Three…  Are you becoming more calm and relaxed? |
|  | FX (sound FX) | | Sound of loud exhaling |
|  | All | | (CALMLY) Yes |
|  | Host | | Very good! One more time  Breathe in through the nose for one…  Two…  Three… |
|  | FX (sound FX) | | Sound of loud inhaling |
|  | Host | | And out through your mouth for one…  Two…  Three… |
|  | FX (sound FX) | | Sound of loud exhaling |
|  | FX (sound FX) | | CONTINUATION of Sound to convey peaceful/ graceful movement. Something calm and soothing. |
|  | Host | | Are you flying around slowly and calmly? |
|  | All | | Yes |
|  | Host | | Do you feel happy and relaxed? |
|  | All | | Yes |
|  | Host | | Ok, when I count to three, you are going to lose control again. |
|  | FX (sound FX) | | FADE IN Sound to convey danger/fear/ excitement etc. something choppy… |
|  | Host | | 1, 2, 3. Go!  Flap your wings! Spit fire! Fly fast and free! |
|  | FX (sound FX) | | 30 seconds of Sound to convey danger/fear/ excitement etc. something choppy… |
|  | Host | | Now distract yourselves from the chaos and concentrate on counting backwards from 10 to 1 as you start to slow down. Count with me! |
|  | FX (sound FX) | | Fadeout of Sound to convey danger/fear etc. something choppy… |
|  | Host and All | | Ten  Nine  Eight |
|  | Host | | Think of things you love while you count! Think about things that make you feel calm and peaceful as you keep slowing down slowly. |
|  | FX (sound FX) | | Begin Sound to convey peaceful/ graceful movement. Something calm and soothing. |
|  | Host and All | | Seven  Six  Five  Four  Three  Two  One |
|  | Host | | Well done!  When we are feeling too intense, like going too fast… Stop and take at least three deep breaths. Breathe in lots of air through your nose and release it slowly through your mouth.  Can you do that for me? |
|  | All | | Yes! |
|  | Host | | Good job, now keep moving around in an orderly fashion, like happy flying dragons, and then, when I count to three, you’ll go very, very slow, as if you have lost energy and are feeling bored.  Ready? |
|  | All | | Yes |
|  | Host | | Ok. 1, 2, 3, go! |
|  | FX (sound FX) | | Sound to convey lethargic movement. Something plodding. |
|  | Host | | Move around the room like you’re sad and sick. Maybe you could hang your head or stumble. |
|  | FX (sound FX) | | 30 seconds Sound to convey lethargic movement. Something plodding. |
|  | Host | | Now I want you to jump very high with one fist up, like a winning jump. Then think of a nice feeling and remember something that makes you feel this way. Hold that thought in your mind, and start moving again like happy flying dragons! |
|  | FX (sound FX) | | Begin Sound to convey peaceful/ graceful movement. Something calm and soothing. |
|  | Host | | When we are not feeling much, like going too slow… stand up and jump high! Get your blood moving a little! Think of the feeling you like to feel and the things that make you feel that way.  Did you like this game? |
|  | All | | Yes |
|  | Host | | You did a really, really good job today! Do you know where your power is? It’s not in your fists. It’s not in your tongue… It’s in your….. ???? |
|  | All | | Brain |
|  | Host | | Exactly!  With our brains we trained our dragons today.  Emotions are like Dragons, they can be scary but they can also be warm and a lot of fun if you know how to train them!  Like when someone pushes us, when we lose our pencils, when we feel so happy that we want to jump in our desks… our dragon wakes up and wants to fly and spit fire!  Today we learned how to train our dragons! Can anyone tell me how we learned to do this? |
|  | Child A | | Umm… when I’m feeling too much, like going too fast and feeling too crazy inside, I can take three deep breaths. |
|  | Host | | Very good! What else can we do when our dragons are feeling out of control? |
|  | Child B | | Count backwards from 10 to one. |
|  | Host | | Well done! We can count backwards slowly from 10 to one. We can also think of things that make us feel calm and relaxed.  Can anyone give me some examples of what you could think of to feel calm and relaxed? |
|  | Child C | | I can think about my mummy singing a lullaby. |
|  | Host | | Perfect. Such a good example of something that could help you feel calm and relaxed.  Can anyone give me an example of what we can do when our dragons are feeling down or going too slow? |
|  | Child D | | We can stand up tall and jump in the air |
|  | Host | | Very good! When we are not feeling much, like going too slow… stand up and jump high! Get your blood moving a little! Think of the feeling you like to feel and the things that make you feel that way.  What can you think about to make you feel energized and excited? |
|  | Child A | | Winning a match |
|  | Child B | | Getting an answer correct in school |
|  | Host | | Exactly. Great examples!  Remember that you can use these tricks when you have feelings that feel too strong or out of control and you want to control them. When you feel too much or too little.  Can you think of some examples of where you can use these tips and tricks? |
|  | Child A | | When I want to say something but no one will listen to me |
|  | Child B | | When someone pushes me |
|  | Child C | | When I’m playing with my friends and we’re being too loud and crazy |
|  | Child D | | When I’m arguing with someone |
|  | Host | | Very good examples!  Anytime our inner dragon feels like it needs some help, we can remember the Super Twins and the advice they gave us to tame our dragons! |