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| **Section: Be the tree** | | | |
| **Objective:** | | Children learn to self-soothe through imagining a tree in the wind  SEL Competency: Self Management  Developmental level: Emergent  Key Message: I can calm myself down  Time: minimum 4 minutes, can extend by adding repeated wind changes:   * Rushing wind for when we are angry or scared or threatened * Calm and gentle wind again | |
|  | **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 are going to pretend to be trees! Can anyone dscribe a tree for me? |
|  | Child A | | Umm… they ar big and strong |
|  | Child B | | With brown trunks and green leaves |
|  | Child C | | And lots of branches |
|  | Child D | | And some trees have yummy mangoes on them! |
|  | Host | | Well done! can you picture a big strong tree in your mind for me? |
|  | All | | Yes |
|  | Host | | Ok, now I want you to pretend that you are just like this tree. Stand comfortably with your toes facing forward, your belly button pulled in, and your shoulders calml and relaxed. |
|  | FX (Sound FX) | | FADE IN light soothing music |
|  | Host | | (SOFTLY) I want you to think about trees. Maybe you have a favouite tree, like (Child D)’s. ymmu mango tree. Or maybe you have never really noticed trees before! Think about the different parts of the tree. There are the roots, the truck, the branches, the leaves and sometimes there are fruits or flowers.  Now, let’s stand up, feet forward, belly button in, knees over our feet, hips over our knees, shoulders; round up back and down. Now you are aligned. This helps your body to move more naturally.  Are you standing up like a tree for me? |
|  | All | | Yes! |
| **3.** | FX (sound FX) | | Continue light soothing music. Introduce some kind of sound to indicate a calm day, very light breeze |
| **4.** | Host | | Vry good! Now, let’s plant roots for our tree. Now you can move safe and sound because you know are firmly planted in the ground. Feel your tree moving from the roots, rocking back and forth. You can flex your knees or move your hips. Everyone is a different kind of tree. Simply be the tree that you are. |
|  | FX (sound FX) | | Sound of children shifting and moving slightly |
| **5.** | FX (sound FX) | | Continuation of the light music but introduce Some kind of sound to indicate the beginning of blowing wind. Softly at first |
| **6.** | Host | | Now the wind is going to blow lightly at first, just creating a ripple in our leaves. We lift our rippling leaves up on our branches from our arms, as we feel the wonderful wind move our arms slowly making our leaves crinkle in the breeze. |
|  | FX (sound FX) | | Continuation of the light music but introduce Some kind of sound to indicate the beginning of blowing wind. Softly. 10 seconds |
|  | Host | | How are you feeling? |
| **7.** | All | | Good! |
| **8.** | Host | | Are you rooted firmly to the ground? |
| **9.** | All | | Yes |
| **10.** | Host | | But moving your arm-branches in the air? |
| **11.** | All | | Yes |
| **12.** | Host | | Very good! Lets continue like this for a moment. We are trees gently swaying in the wind! |
| **13.** | FX (sound FX) | | Continue sound to indicate the blowing wind. Only slightly louder when there is not talking.  Gradually fall back to the sound of the calm day, very light breeze. Do this over 10 seconds |
| **14.** | Host | | Ohhh, now the breeze is slowly calming down and our leaves are coming to rest. |
| **15.** | FX (sound FX) | | Sounds of wind calming and birds starting to sing |
| **16.** | Host | | Our branches, as our arms, are slowly falling to our sides.  Are you arm-branches back down by your sides? |
| **17.** | All | | Yes |
|  | Host | | Our bodies are becoming calm. The wind is calm. |
|  | FX (sound FX) | | Pause for 5 seconds to give children time to hear and music playing over the spoken word. There is light, soothing music, the sound of a very gentle breeze and birds chirping in the background |
|  | Host | | Our branches are resting; our leaves go back to sitting peacefully, laying on our branches. We are breathing out, feeling good now because we are calmed. Our rocking trunk is now resting. Still. We are at peace with our surroundings. We are now a tree that sits in silence, quiet and restful. |
|  | FX (sound FX) | | Pause for 5 seconds to give children time to hear and music playing over the spoken word. There is light, soothing music, the sound of a very gentle breeze and birds chirping in the background |
|  | Host | | How do you feel? |
|  | All | | (CONTENTEDLY) Good |
|  | Host | | Do you feel calm? |
|  | All | | Yes |
|  | Host | | Relaxed? |
|  | All | | Yes |
|  | Host | | Good! Remember that whenever you feel bad or you need some time to calm down, you can imagine that you are like a tree. Use all the energy you feel when you are mad and upset and use it to move your arm-branches, instead of using it to hurt others.  Then you can imagine the wind changing and use this to help you calm down and feel better.  How does this sound? |
|  | All | | Good! |
|  | Host | | Well done! you are all such good little trees! |