



EMBRACING OUR DIFFERENCES

Carry Your Own Weather (30-45min)

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Standards / SEL Connections:

Standard: LAFS.1-12.3.7 (Integration of Knowledge & Ideas)

SEL Component: Self-Management

Essential Question:

What is perseverance, and why is it important to for self-management?

Objective:

Students will learn about the words integrity and perseverance and understand why these qualities are important in emotional regulation.

Resources / Materials Needed:

- EOD Carry Your Own Weather PowerPoint
- Open links throughout the presentation
- Several Sheets of paper per student for Snowball Toss Activity (this can be done with half sheets)
- Social Emotional Learning Information

Before Instruction:

- Read over information and open links
- Have paper ready for activity

Direct Instruction:

Slide 1: None

Slide 2 (Read the quote and use these questions):

“Hate is a strong word. So is Love.”

quote by: Malachi B., 10th Grade, Braden River High School, Bradenton, Florida

Answer the questions:

1. Do you think that love is stronger than hate? Why or why not?
2. Who makes you feel loved?
3. What do people do to make you feel loved?

**Have students share answers and praise them for their bravery.*



Slide 3 (Definition Discussion):

Read aloud the WORDS TO THINK ABOUT and definitions:

- Perseverance: Persistence in doing something despite difficulty or delay in achieving success

[CLICK](#) on the Owl to watch the video.

Question to answer:

4. Why is it important to persevere when something is difficult?
5. How did the owl persevere in the video?

**Have students share answers and praise them for their bravery.*

Slide 4 (Observing and Discussing Artwork):

Words to think about, answer the questions:

6. Is *perseverance* shown in this artwork? What do you see that makes you say that?
7. Why are these words important during stressful times?

[CLICK](#) on the artwork to Listen to the artist Pamela Kok, Sarasota, Florida discuss *Love Protects*.

Slide 5 (Let's Talk About Stress!):

Answer the questions:

8. What things make you stressed?
9. What worries do you have in your life?
(Acknowledge each individually by writing them on separate sheets of paper)
10. What do you do to cope with stress and worry?

[CLICK](#) on the Heart2HeartKid photo and watch the video

Slide 6 (Activity - Time to Toss our Worries Away):

Choose what works better for your classroom: the activity linked below or students can simply see how many of their shots make it.

- Snowball Toss Activity Video Explanation: [click here](#).
- Additional Movement: Get Moving & Grooving with this fun Trolls GoNoodle Dance: [click here](#).

Slide 7 (Wind Down):

Wind down from all the tossing fun with a Guided Meditation for Anxiety and Stress Relief

**Remind students to: Pause, Breath, and Smile*

[CLICK](#) on image to watch guided meditation video (length: 5:28 min.)

Extensions:

- Additional video of Kids Explaining Mindfulness (3:06): [click here](#).
- Additional information on SEL: [click here](#).

SEL Framework: [click here](#)