**Welcome Club – Knowing Your Feelings & Being Honest**

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|  Materials |
| Activity 2 | Blank wheel for emotions - 1 per student, Coloring utensils – 1-2 box per group, Optional: feeling stickers |

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| Objective |
| Students should be able to….1. Understand their own feelings
2. What it means to be honest with oneself
3. How to understand why they react the way they do
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| Welcome Students – 2*0 minutes* |
| Boys and girls will check-in at separate classrooms. (Boys-C4. Girls-C5). 1. Coach #1 instructs students to line up outside and gives them their name tags. Have spare name tags and a sharpie for writing new name tags.
2. Coach #2 take attendance. Be prepared to add new students to the roster. Ask the new student their *first name, last name, grade* and *teachers name* (if they don’t know the teacher’s name that’s ok...the first 3 are a must).
3. Coach #3 unstacks chairs and puts snack (chips, granola bar, fruit and a drink) and hand sanitizer at each group’s table.
4. All Coaches talk with students while they have their snacks. Use questions below to start conversation.

Table Coaches: Other coaches Sit at a table and talk with the students while they have their snacks. Coaches can use questions bellow to start conversation.* Prompt Questions: What did we do last week? Do you remember what does ‘feelings’ mean?

Lead Coach: (1-2minutes) ‘1-2-3 eyes on me! It is time to go to our game! Everyone take your trash and put it in the trash. Then come back and sit down with your hands on your nose. What does it mean to be honest? (honest means we are truthful in what we say and what we do.) How can you be honest with your feelings?’Materials: name tags, sign in sheet, pens |

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| Activity: Simon Says– *10 minutes* |
| The goal of the game is to allow students to get some movement and excited for the day. Students will pay attention to the lead coaches and follow their instructions and demonstrate that they can listen to directions.(*~ 6 minutes* ) The Lead Coach will be the leader and give instructions to the students. Students must listen closely and only follow the instructions when the coach starts with “Simon Says”.Examples:* jump up and down
* touch your head, arm, leg, shoulders, face....
* Stand on 1 leg
* Do a push up, sit up, burpee, jumping jack.....
* Stand on the line
* Touch grass, soccer net, basketball hoop...
* Dance
* Make a funny face
* Spin in a circle
* Clap your hands
* Pretend to be a dog, cat, dinosaur, mouse....

Lead Coach: *(1 minute)* Explain the rule of the game to the students and lead the game. Co-Coach: Help students with the game and participate with them.Materials: N/A*~**2 minute transition* |

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|  Honest with your feelings– 20 *minutes* |
| This week's lesson will allow students to learn to be honest with themselves and know their own feelings. The students will play Janga to think about feelings and being honest with their feelingsLead Coach: *(5 minutes) ‘Okay everyone we are going to go inside and play a game. Coaches remember to look at the lesson notes for this section for the follow up questions. Kids listen to your table coaches and have fun!’*Table coaches: There are questions written on some of the Jenga pieces. Play Jenga with the students while having them answer the questions.* If a students draws a Jenga with a question they need to answer the question before placing the piece.
* If their piece does not have a question they need to say a feeling before placing the piece.

Follow up questions*: While one coach cleans up the game other coach asks questions to group.** How many of you have been in a situation where you were so full of emotions that you couldn't’ communicate properly?
* What is another way you can be honest with your feelings?

Preparations: Pass out wheels and coloring utensils to the coaches |

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| Craft/Activity: Emotional Wheel – 15 *minutes* |
| This activity will teach students how they can identify their feelings by filling a wheel with different emotions. This activity can help students better identify their own emotions. It can also be a reference for students in the future. Lead Coach: *(3 minutes)* Explain the activity.* Students will receive a piece of paper with the wheel template on. They will also receive a box of coloring utensils to decorate their wheel.
* Students and coaches will decide what each color means and what emotion it represents.
* Coaches can then help draw out examples of each emotion and what it might look like. Encourage students to draw whatever they want, as long as it shows the feeling it is assigned to.

*~10 minutes for activity*Table Coach: While you are making the craft ask the students the following questions.* How do you know when someone is feeling happy/sad/angry...?
* What makes you feel happy, sad, angry...?
* When do you feel this? (point to an emotion on the wheel)

Materials: Blank wheel, coloring utensils, Optional: Stickers<https://www.orientaltrading.com/how-i-feel-wheel-craft-kit-a2-13806542.fltr?keyword=feelings&searchTarget=search> |

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| Homework – Up to *40 minutes* |
| Students will focus on working on their homework for the day. Coaches: Give any help to students when asked. Help them work out any struggles they might haveTutor tip and resources: * Don’t give the answer to the students - help them work it out together.
* For math, use visuals to help them see the problem clearer; Help them spot key words in word problems and how to solve it
* For literature/English, help them sound out difficult words; if they are struggling and do not know the word, give them synonyms and give them a push to right direct
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| Closing Announcements – 5 *minutes* |
| Instruct students to pick up and throw away trash before they leave.1. Pick up and throw away trash.
2. Sweep floor
3. Clean up WC supplies

Coaches please fill out survey using the QR code or linkhttps://forms.office.com/r/r1kpc21QTh  |