



Emotional Health

Elementary · Activity 4

Tags:

D-I Social Competencies

D-E Support

NHES Health Concepts

NHES Analyzing Influences

NHES Advocacy

EQ Respond

Overview:

TOPIC

Take-aways

Girls will understand...

- *How to reflect on their anxieties*
- *That their relationships at school can provide support*
- *That they have effective coping strategies*

SKILL

Take-aways

Girls will know how to...

- *Communicate their feelings and anxieties*
- *Employ strategies to calm themselves and cope with the extra stress and anxiety*
- *Share their coping strategies with their friends and encourage them to make healthy choices.*

RESOURCE

Take-aways

Girls will physically leave with...

- *Butterfly art*
- *A Resource Card*

Coaches Need:

Printed Materials/Handouts:

- Butterflies CUT OUT from templates
- Jar Templates
- Resource Card

Equipment/Supplies:

- Markers
- Glue sticks

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SET UP

Participants spread out around the space, ready to listen for instructions.

WARM UP – *Butterfly, Cocoon, Wind*

1. The Coach asks the participants to get into groups of three.
2. Two participants stand facing each other, holding hands (or holding them out toward each other, if anyone doesn't want to touch hands), to form the cocoon. The third participant stands in the center and is the butterfly.
3. The Coach explains that there are only three commands "Butterfly" "Cocoon," and "Wind." The Coach is the first to demonstrate calling the commands.
4. When "Butterfly" is called, everyone in the center must leave their cocoon and fly to a new one.
5. When "Cocoon" is called, all of the participants linking arms must let go, run around the space and find a new partner to link arms with and form a cocoon around a different butterfly.
6. When Wind is called all of the participants run around the space and quickly form new groups of three.
7. The command caller should try to join in the game and bump someone else out. Whoever is the last to join a group becomes the new command caller.

*If **additional time**, the group can play another round and the Coach can have participants be the caller.*

ACTIVITY – *Butterflies in the Belly*

1. The Coach hands out a few of the cut-out butterflies, one jar template and some markers to each participant.
2. While materials are being handed out, the Coach reads the following prompt:

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Coach Prompt

Just like the butterflies in our game, we all face rough winds at times. Think of something that happened in the past year that blew you off course or felt like an insurmountable obstacle. (*Staying home all year, a parent getting laid off, losing a loved one, struggling with school, feeling lonely.*) Write some of those worries onto your butterflies.

You've probably heard the expression, "butterflies in your tummy", which usually refers to nervousness or stage fright. What are some of the feelings you've felt in your guts this past year? (*Worry, insomnia, depression, fear, gratitude.*)

Now think about what this past year has brought you comfort or made you feel calm. (*Zoom class, pizza night with family, bike rides, seeing friends again, therapy.*) Write all those things down around the sides of your jar.

Think about who this past year supported you and write their names/roles down around the jar as well. (*Parents, teachers, friends, coaches, neighbors*)

- Participants spend time writing their worries on the butterflies, their coping strategies and supporters around their jars as prompted by the Coach.

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Adjust to Literacy Level

While working with participants in different grade groups and diverse backgrounds we might find that there are participants that are not able to spell or understand some of the terminology that we use in some of our curriculum. Preparing ways to explain things in a simpler manner in a respectful way to not make it a shameful experience. This will allow all participants to feel included and comprehend the curriculum.
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**EQUITY
TIP** ●◎◎

- Participants grab the worry that they are currently feeling the most and fly it around the space, letting it look for different coping strategies that could help it.
- Participants write down any additional ideas they like that they found around others jars and then use glue sticks to glue their butterflies into their jars.

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COOL DOWN – Wrap Up

1. The Coach uses the discussion prompts below to elicit further conversation and reflect on key takeaways.

LET'S TALK!
Discussion Guide

Coach Prompt

- *Desired Response*

Can anyone tell me one worry they wrote down on a butterfly?

- *Covid, bad grades, no friends, ADHD*

What is one strategy that can help deal with that worry?

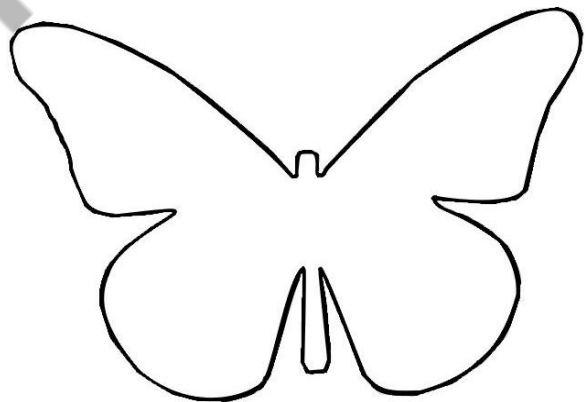
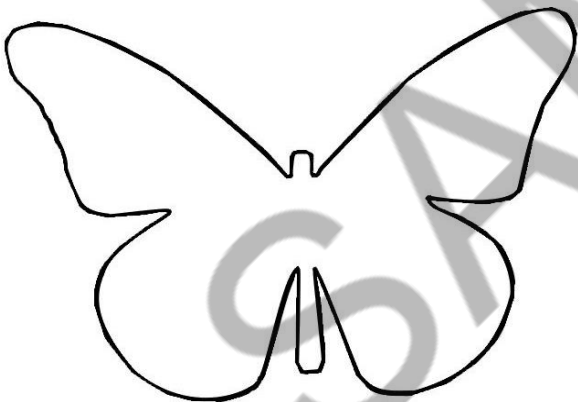
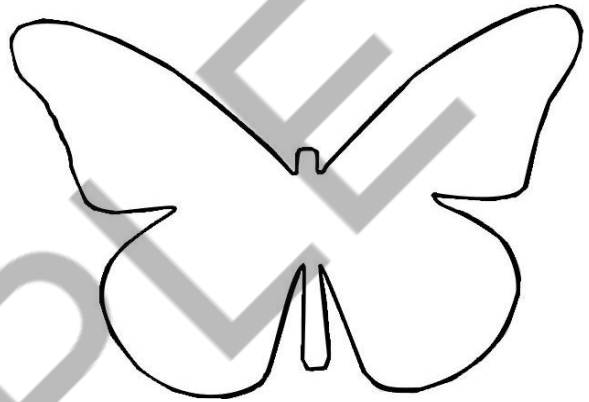
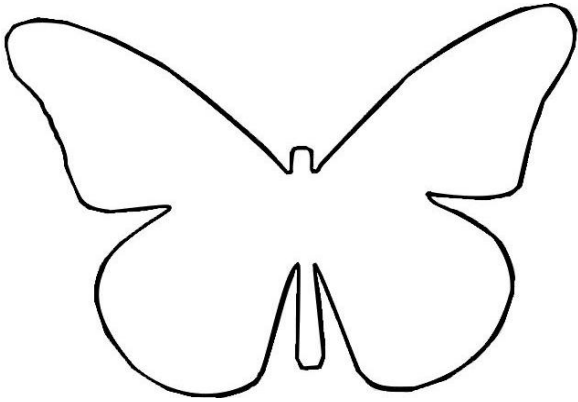
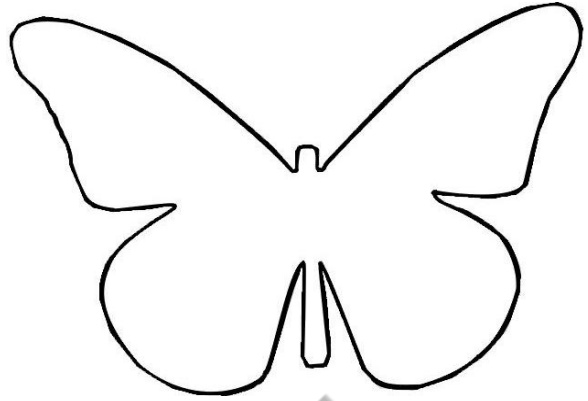
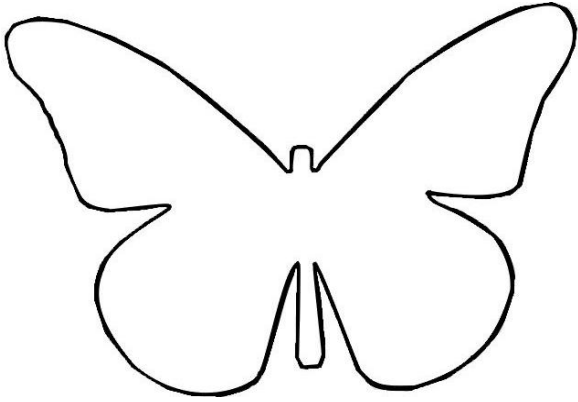
- *Wearing a mask, Zoom study group, outside hangouts, a therapist*

If additional time, participants can decorate their Butterfly art.

MAKE THE CONNECTION

“It’s important that we spend time to reflect on our feelings and share them with others. We have all had different experiences this past year, but it hasn’t been easy for anyone. If you’ve been feeling extra worries building in your belly, please know that you are not alone. Lots of feelings have been stirred up that we will continue to deal with for a long time. If you’ve been feeling anxious or stressed, you now have strategies to help yourself calm down. Please know that you are not alone and consider reaching out to your support network that you listed around your jars if you need extra help.”

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Jar Template

Butterflies in the Belly

