

Class #2 Anger + hatred (evolution of irritation)		
Time	Materials	Procedure
8:30-9:00		Purpose Allow the kids to connect and acclimate to the environment, blow of some steam
9:00 – 9:30	-6 foam balls -Journals and writing tools	Kids arrive, Put their bags in proper place. Free play at the park, M - Dodgeball (~20 Mins) G- Basic Breathwork (8-Count) (~10 Mins)
9:30-10:30	Rolls of paper Markers, pencils	E- Special Guest - Integrative activity: (~30 Mins)
10:30-11:00	Outdoor play materials	-kids will get their snacks and sit quietly (~10 Mins) - mindfulness around eating reminder -free time at park (~20 Mins)
11:00-11:15	-5 pieces of paper/kid, -Pen or pencil/kid, -Fishbowl	-Self-reflection (~10 Mins) - Each kid chooses a place (preferably outside) to reflect on the previous lesson and write out 3-5 things that make them feel anger or hatred Reflection will be put in a fishbowl for discussion later.
11:15-12:15	-Fishbowl - paper and colouring pencils, markers, magazines, glue, stickers...	M – Octopus (~25 mins) FC- Group discussion about the written reflections (~10 Mins) C – Create collage of the evolution of hatred (annoyed, angry, hatred) - Using magazines, cardstock, glue, stickers create a collage of things that make you angry, annoyed of hate filled (~25 Mins)
12:15-1:15		LUNCH AND FREELAY AT PARK
1:15-2:15	-4 flag of 4 different colours, 4 cones -essential oils, spices -worksheets, colouring tools.	M - Capture the flag 4 teams (25 ~ Mins) CT - Practice Breathwork from earlier with smell of choice (~10 Mins) C – anger game plan + tool creation – (25 ~ Mins)
2:15-2:45	Badges	- Each kid shares their favorite part of day (~5 Mins) - Recap of days lesson (~15 Mins) - Kids who stood out are presented a badge (must earn it) (~10 Mins)
2:45-3:30	Snack Kids belongings	- Kids will prepare all their belongings at door (~5 Mins) - Free time at park (choice to have a snack before playing)
		Refuel, break from learning, release any pent-up energy/emotions. learn to hear themselves think, comfort it in quiet unstimulated space automatic writing, truth speaking. Focus, so they can be validated anonymously, and solutions can be brought forward. Teach the evolution of irritation to hatred and importance of early intervention + forgiveness Release energy, ground, and focus. Reflect on how to integrate lesson into life by coming up with a plan while in our logic minds. Summarize and review lessons of the day. Honour the kids who stood out to promote motivation. Teach kids responsibility/ownership of their belongings.