

Chillax in My Head



Lesson Objective:

To teach an emotion-focused coping skill that can help kids calm themselves and refocus their attention.

Learning Outcomes:

By the end of this lesson, kids will be able to demonstrate how to use Chillax in my Head and identify when they could use it to feel their best selves.

Materials Needed:

- [Strategy Video](#)
- Laptop with Internet access
- Projector
- [Strategy Card](#)
- [Reflection Sheet](#)

English materials are linked above. You can access materials and videos in Spanish on the [FYBS website](#).

Time:

15-25 min

Steps

□ Introduce Chillax in my Head (1-3 min)

- Start by sharing that you are going to watch a brief video that will teach kids something they can use to help them feel their best selves. You can use or revise the sample script below to introduce the strategy:
- *Today we are going to be learning a new strategy to help us feel our best self. We can learn how to deal with heavy feelings – like feeling sad, mad, worried, or scared. Sometimes those heavy feelings make us not feel our best, so we can try a way to make them feel lighter.*

This is also a good time to check kids' understanding of heavy and light feelings. We offer some sample questions to generate discussion here, or you can revisit Intro: Feel Your Best Self.

- What does it mean to have heavy feelings?
- What does it look like when you're feeling heavy feelings?
- What are some examples of lighter feelings?
- What does it look like when you're feeling lighter feelings?
- What about when you're feeling in the middle?

□ Show the Chillax in my Head Video (5 min)

- This will require a computer, speakers, and a projector.

□ Check for Understanding (3-5 min)

- Ask about events that occurred during the video. For example:
 - How do you think CJ was feeling at the ice cream shop?
 - What did Nico suggest to help CJ feel better?
 - How did CJ use Chillax in My Head?
 - What parts of Chillax in My Head seemed to help CJ?

□ Provide the Chillax in my Head Strategy Card (1 min)

- Hand out the strategy card.

□ Practice Chillax in my Head (3-5 min)

- Inform kids that you are now going to practice the strategy together.
- Read all steps aloud to remind kids of the strategy steps.
- Read the first step on the strategy card aloud and have kids engage in the action listed in that step.

- Repeat for all remaining steps on the strategy card.

Practice Chillax in my Head with a Puppet!

If you have chosen to incorporate puppet-making into your use of FYBS, here are some ideas you can use to have kids practice the strategy with their puppet:

- Puppets can talk about their happy place to the kids, and then the kids can talk about their happy place to their puppets.
- Have kids prepare and perform a puppet show where their puppets use Chillax in my Head.

Reflect on how Chillax in my Head worked and how you might use it in your own lives (5 min)

- We offer some sample questions to encourage reflection:
 - Can anyone share a time that they had heavy feelings like we saw CJ feel in the video?
 - How would you feel if the ice cream shop was out of your favorite flavor?
 - What do you think about Chillax in my Head?
 - What do you like?
 - What might you change?
 - How do you think you could use it?
 - When do you think it could be helpful?
 - When/where can you use Chillax in my Head?
 - Is there a time today that you could try it?

- To engage in additional reflection, use the **Chillax in my Head Reflection Sheet** to have kids rate and describe, using pictures or words, their feelings before and after practice.