

Float Your Boat



Lesson Objective:

To teach an emotion-focused coping skill that can help kids catch their feelings and shift their thoughts.

Learning Outcomes:

By the end of this lesson, kids will be able to demonstrate how to use Float Your Boat and identify when they could use it to feel their best selves.

Materials Needed:

- [Strategy Video](#)
- Laptop with Internet access
- Projector
- [Strategy Cards](#)
- Pieces of blank paper and writing utensils
- [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 Float Your Boat (1-3 min)

- Start by sharing that you are going to watch a brief video that will teach students 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 Float Your Boat 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 was CJ feeling when there was a new student in the dance class?
 - Does anyone remember what some of CJ's heavy thoughts were?
 - What did Nico suggest to help CJ feel better?
 - Can anyone explain how Float Your Boat works?
 - How did CJ feel after Float Your Boat?

□ Provide the Float Your Boat Strategy Card (1 min)

- Hand out the strategy card.

□ Practice Float Your Boat (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 Float Your Boat 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:

- To have a puppet Float Your Boat, first you need to write or draw your (or your puppet's!) heavy thoughts or feelings on pieces of paper.
- Then, have your puppet help you crumple up the pieces of paper.
- Then, have your puppets use their noses or mouths to help you push or throw your heavy thoughts overboard!

Reflect on how Float Your Boat 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 when they felt like CJ did when Darnell joined dance class?
 - Does anyone remember what some of Darnell's heavy thoughts were?
 - How could Float Your Boat be helpful for Darnell?
 - What do you think about Float Your Boat?
 - 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 or where can you use Float Your Boat?
 - Is there a time today that you could try it?

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