

## Shake Out the Yuck



### Lesson Objective:

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

### Learning Outcomes:

By the end of this lesson, kids will be able to demonstrate how to use Shake Out the Yuck 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 Shake Out the Yuck (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 Shake Out the Yuck 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 before performing in front of people?
  - What did Mena suggest to help CJ feel better?
  - Can someone describe the steps of Shake Out the Yuck?
  - What heavy feelings was CJ shaking off?
  - How did CJ feel after Shake Out the Yuck?

### □ Provide the Shake Out the Yuck Strategy Card (1 min)

- Hand out the strategy card.

### □ Practice Shake Out the Yuck (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 Shake Out the Yuck 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 Shake Out the Yuck, first you need to imagine that your arm is the puppet's body, and your elbow is the puppet's feet.
- Then, make your puppet dance, jog, or wiggle to shake off those yucks!
- Encourage kids to move their bodies along with their puppet so that they are Shaking Out the Yuck together.

### **Reflect on how Shake Out the Yuck 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 you felt like CJ did before going on stage?
  - What do you think about Shake Out the Yuck?
    - 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 Shake Out the Yuck?
    - Is there a time today that you could try it?

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