

Smell the Roses



Lesson Objective:

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

Learning Outcomes:

By the end of this lesson, kids will be able to demonstrate how to use Smell the Roses 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 Smell the Roses (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 Smell the Roses 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:
 - Can anyone name all five senses?
 - What is something that you can see in this room?
 - What is something that you can hear in this room?
 - What is something that you can smell in this room?
 - What is something that you can feel in this room?
 - Did you notice how CJ and Mena felt while using their senses?
 - How did CJ and Mena feel after Smelling the Roses?

□ Provide the Smell the Roses Strategy Card (1 min)

- Hand out the strategy card.

□ Practice Smell the Roses (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 Smell the Roses 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:

- Have your puppet practice using their senses (e.g., how they smell, how they listen, etc.).
- Then, have the puppet explore your surroundings with you and find what you can see/hear/smell/touch together.
- Tell you puppet something that you can see/hear/smell/touch and have the puppet guess what it could be!

Reflect on how Smell the Roses worked and how you might use it in your own lives (5 min)

- We offer some sample questions to encourage reflection:
 - Has anyone ever stopped to pay attention to the things around you like Mena and CJ did?
 - Why do you think that Mena taught CJ to stop and Smell the Roses?
 - What do you think about Smell the Roses?
 - 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 Smell the Roses?
 - Is there a time today that you could try it?

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