

Turn the Dial



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 Turn the Dial 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 Turn the Dial (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 Turn the Dial 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 did Nico feel when the sweater was too small?
 - Why do you think that made Nico feel so heavy?
 - How do you think Mena could tell that Nico was starting to feel upset and overwhelmed?
 - What does it mean to change perspective?
 - How did Nico use Turn the Dial to feel better?

□ Provide the Turn the Dial Strategy Card (1 min)

- Hand out the strategy card.

□ Practice Turn the Dial (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 Turn the Dial 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 kids teach their puppet to use Turn the Dial.
- Have puppets turn and look at different places in the room from the same spot to practice changing perspective.
- Have kids prepare and perform a puppet show where their puppets use Turn the Dial.

□ **Reflect on how Turn the Dial 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 Nico?
 - Has anyone else outgrown a favorite piece of clothing?
 - How did you feel when that happened?
 - What made Mena's suggestion of Turn the Dial helpful (or not helpful)?
 - What do you think about Turn the Dial?
 - 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 Turn the Dial?
 - Is there a time today that you could try it?
- To engage in additional reflection, use the **Turn the Dial Reflection Sheet** to have kids rate and describe, using pictures or words, their feelings before and after practice.