



Summary of Lesson Ten

In this lesson, students learn to recognize when their emotions start to feel overwhelming, using the metaphor of a balloon filling with air. They practice calming strategies like deep breathing and self-hugging to manage big feelings and prevent emotional outbursts. Through the story *Tia Needs a Hug* and guided activities, students explore ways to comfort themselves and show self-kindness. The lesson encourages students to use these calming tools both at school and at home to support emotional regulation and resilience.

At Home Practice:

