

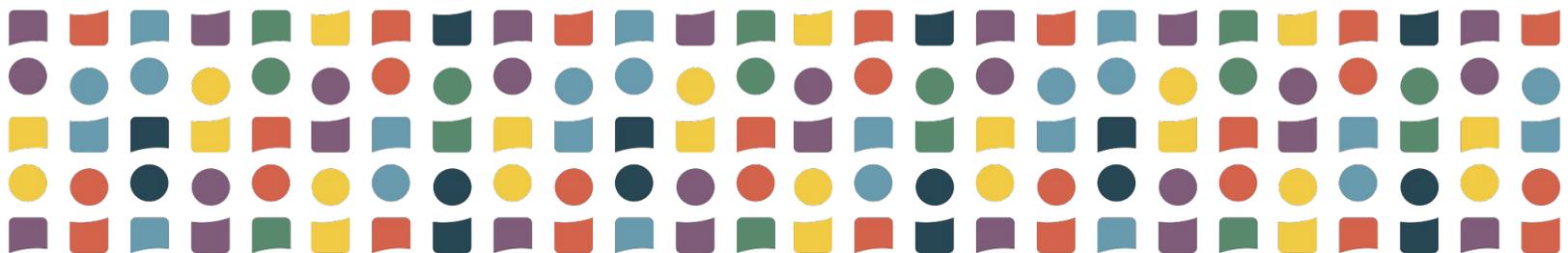
Lesson Fourteen

In this lesson, students explore difficult or heavy feelings and how to let them go. Students are introduced to the idea that emotions can feel like items we carry in a backpack. In the story, Lily the ladybug learns to pause, breathe, and let go of frustration with the support of her friends. Students participate in an activity where they name feelings and place items in a backpack, noticing its weight. They learn that it's okay to feel upset and that talking, breathing, and being kind to ourselves can help lighten our emotional load.

At Home Practice: ✈️ **Letting Go with Paper Planes!** 🌬️

We're sending big feelings up, up, and away!

1. 📄 First, grab some paper and your favorite drawing stuff—markers, crayons, stickers, anything fun!
2. 💬 Sit together and talk. Ask, “Have you ever felt sad, embarrassed, or disappointed?” Share a time when a feeling felt heavy—like carrying a backpack full of rocks!
3. 🖍️ As your child talks, write down their story on a piece of paper. Leave room for their art! Say, “We’re going to send this feeling away on a paper airplane. Can you draw what you felt?”
4. ❤️ While they draw, you can make your own! Share a little story about a feeling you want to let go, too. Draw your own picture on another paper.



At Home Practice: Letting Go With Paper Planes cont.

5. ✈️ Now for the fun part—fold your pictures into paper airplanes! You can use a simple fold or look up a cool design. The more planes, the better!
6. 🏠 When you're ready, head outside or to a safe open space. It's time to let go and fly high!
7. 🌬️ Stand together, take a deep breath, and say, "Goodbye, heavy feelings! I am letting you go!" Then... whoosh! Send your plane flying!
8. 🤔 After the launch, talk about how it felt. "Do you feel a little lighter now? What did it feel like to let that feeling fly away?"
9. 😊 Give high-fives, hugs, or do a happy dance to celebrate letting go. Feelings can visit us, but they don't have to stay forever!

Letting Go in Real Life - You can let go of tough feelings by:

- Taking deep belly breaths when you feel upset 🙄
- Drawing your feelings in a journal or notebook 🎨
- Telling a grown-up or a friend what's on your heart 🧸
- Moving your body—dance, run, or do silly jumps 🧘
- Saying kind words to yourself like, "It's okay to feel this. I'm learning and growing." 💬