



Lesson Six

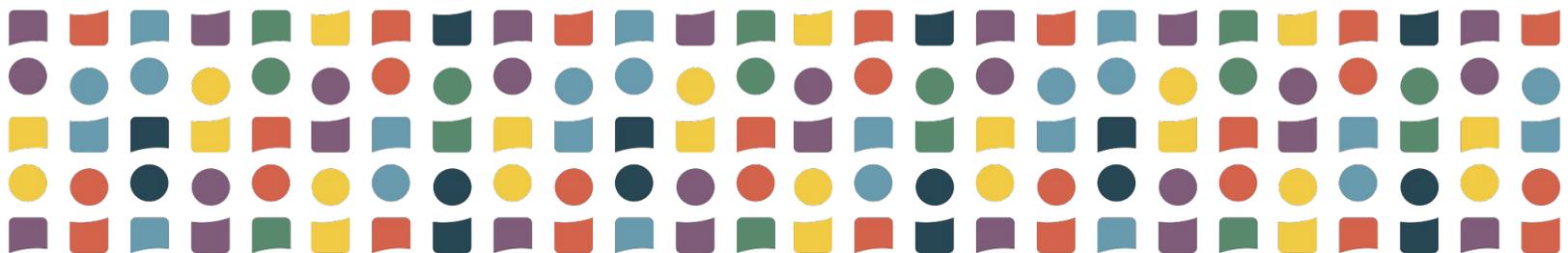
In this lesson, students learn to notice their feelings and where they show up in their bodies—like in their belly, chest, or face. Through the story, characters model how to recognize emotions and gently let them float away, like clouds in the sky, using calm breathing and imagination. Students practice naming their feelings, paying attention to body signals, and using simple tools to manage big emotions. These strategies help children build inner calm and confidence.

At Home Practice: **Letting Go with Paper Boats**

A calming activity for families to explore emotions together. Big feelings—like anger, frustration, or sadness—can sometimes feel like a storm inside. One way to help your child gently let go of those feelings is to imagine them sailing away, like little paper boats floating across the water.

Here's how to do it together:

1. **Make paper boats with your child.** Use any rectangular paper (or look up a simple paper boat tutorial online). You can make as many boats as you'd like—one for each feeling!
2. **Talk about big feelings.** Ask your child if they've had any strong or stormy emotions lately. Invite them to share where they felt those emotions in their body (like their tummy, chest, or face) and what it felt like.
3. **Name the boats.** Give each boat the name of a feeling—like “Angry,” “Sad,” or “Worried.” You can even write the emotion names right on the boats.



At Home Practice: Letting Go With Paper Boats cont.

4. **Set the boats sailing.** Place them on a smooth surface like a table, floor, or even a tray of water if you'd like. Have your child take a slow, deep breath in as they notice the feeling, then blow out gently and give the boat a little push to send it sailing away.
5. **Reflect together.** After the boats have “floated” away, ask your child how their body feels now. You can talk about how letting go, breathing, and noticing feelings can help us feel calmer inside.

This quiet, imaginative activity supports emotional expression, mindful breathing, and meaningful family connection—one little boat at a time