

LULU USES MUSCLE SQUEEZES

- Managing **angry feelings** for grades **Pre-K + K**
- Helps students learn and practice ways to **calm down** when **angry**
- Super **low prep!**



Designed for Little Learners!

Created especially for
Pre-K and **Kindergarten:**

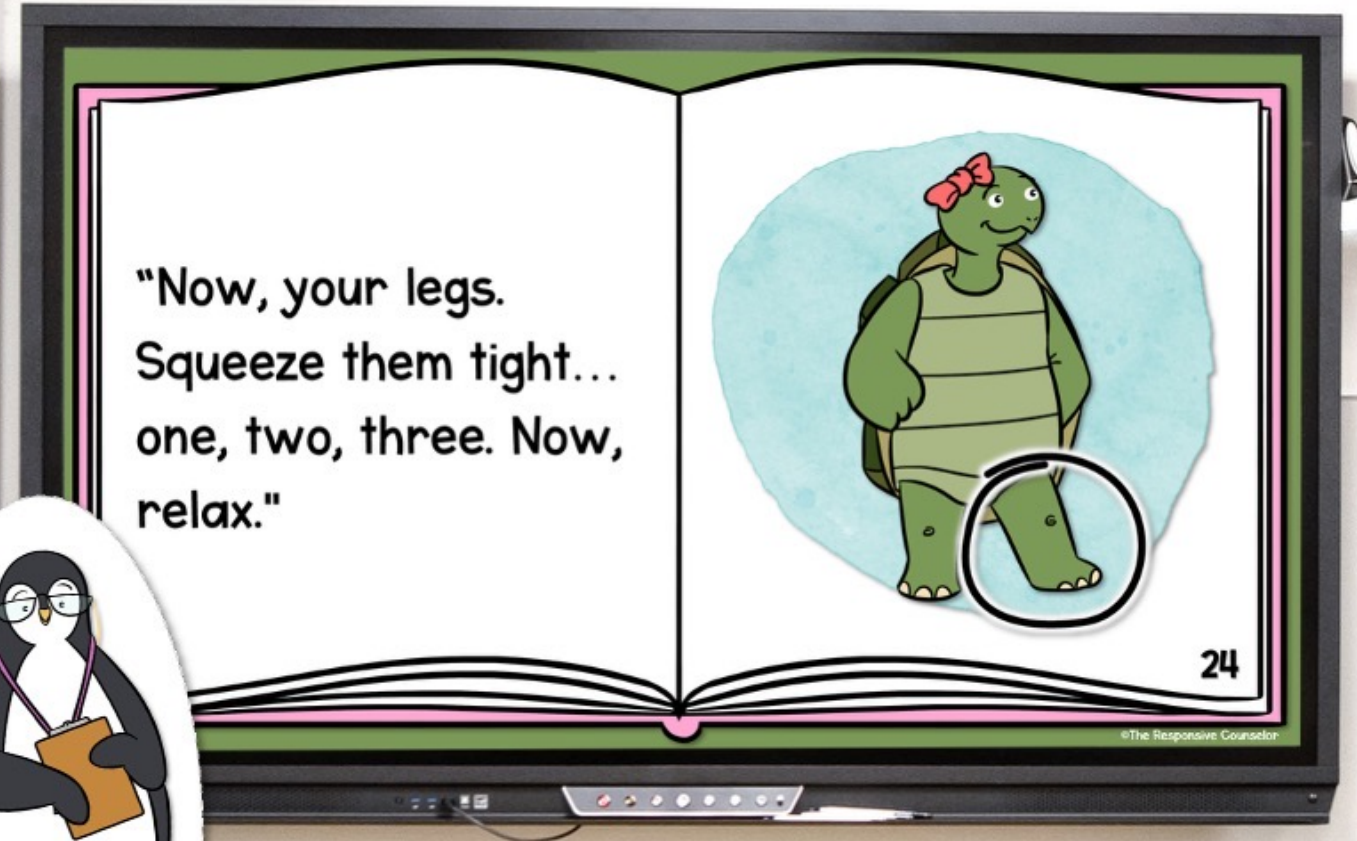
- Lovable characters
- Short, engaging stories
- Simple, age-appropriate language
- Interactive movement and play
- Flexible practice activities



Start with a story!

Lulu feels angry when Dax has the toy she wanted to play with. Ms. Juniper helps her notice how **anger feels** in her body and teaches her to calm down using **muscle squeezes**.

Use easy stick puppets to add another **engaging** element.



Follow Along!

Young learners will enjoy following Lulu's adventures as she **explores** feeling angry and **learns** new skills.

Every page encourages discussion, reflection, and learning.



Reinforce!

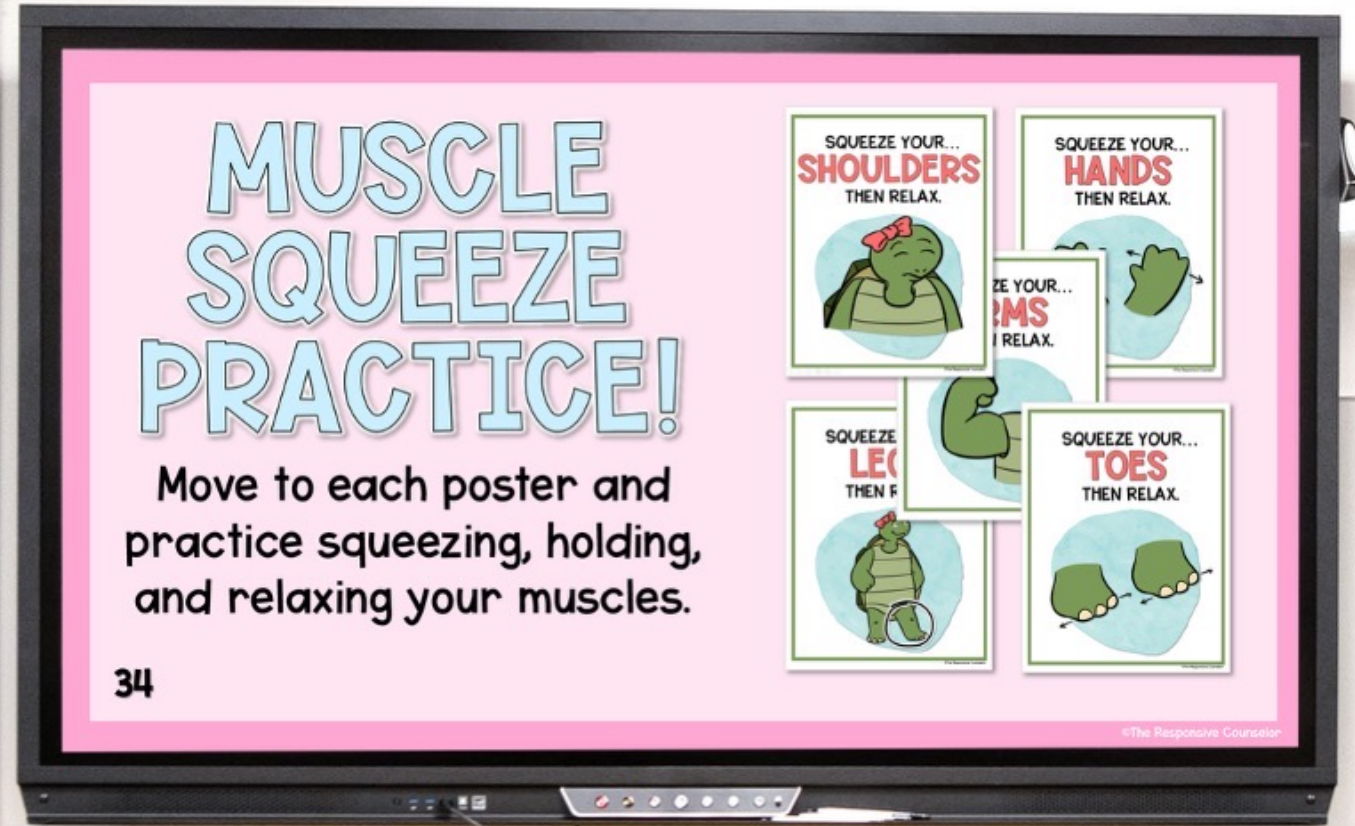
With rhymes and motions, engage students in a call-and-response chant to **reinforce their learning.**



Practice!

Movement-based
whole-group activity for
practicing muscle
squeezes.

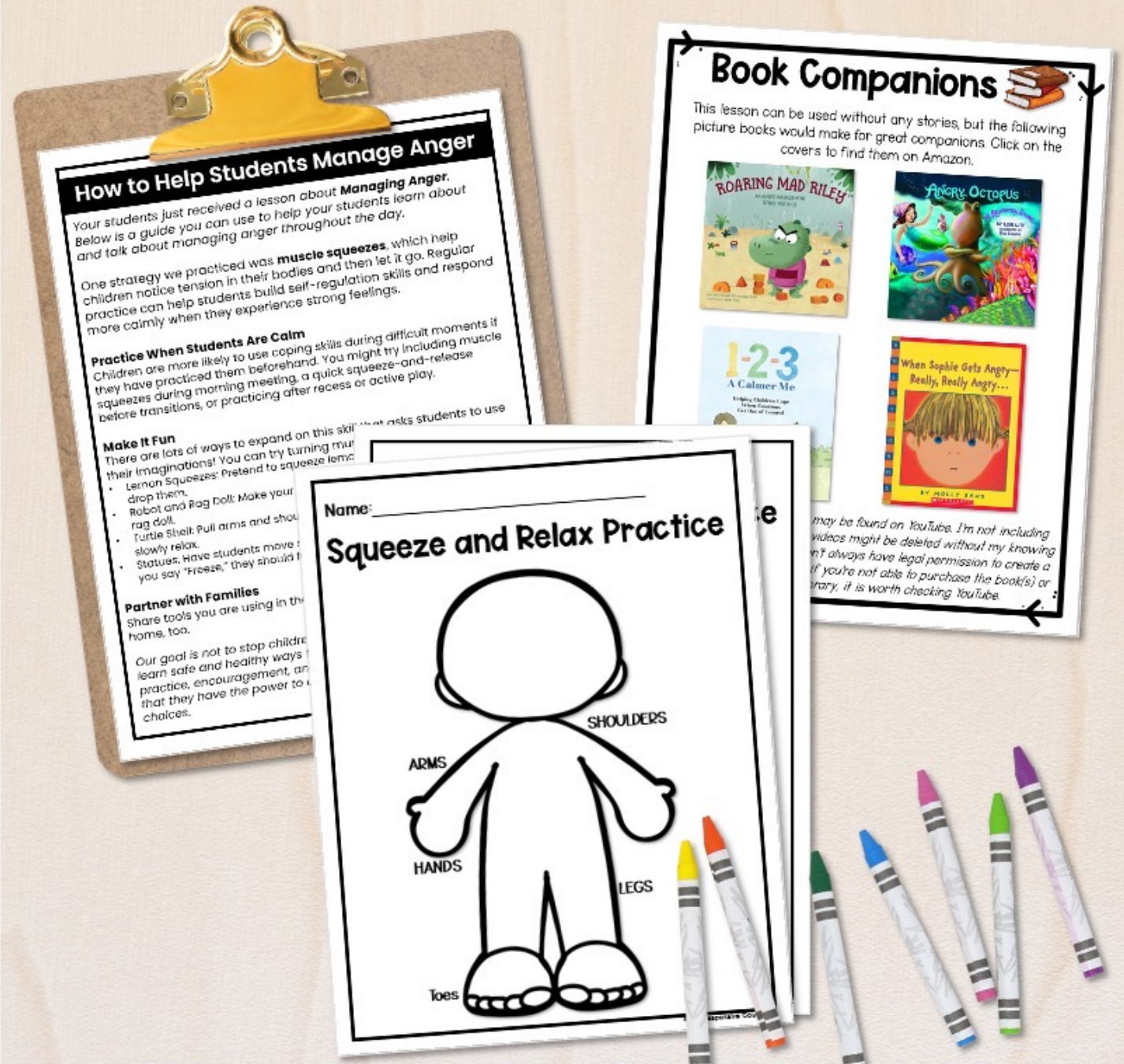
Picture card **discussion**
for identifying safe and
unsafe choices.



Extend!

Options include to **extend the learning:**

- Teacher tip sheet
- Squeeze and Relax practice worksheet
- Recommended book companions



Detailed Lesson Plan

ASCA and CASEL aligned lesson plan

Managing Anger

Objective(s): Students will learn to recognize appropriate and inappropriate ways to express anger and practice muscle squeezing to help manage anger.

ASCA Mindsets/Behaviors: B-SMS 7. Effective coping skills

CASEL Domains: Self-Awareness

Additional Materials Needed: A pointer (optional), popsicle sticks (optional), coloring materials for worksheet.

PLAN/PREP

Slideshow: Review the directions, suggested scripting, and slides ahead of time. Print puppets and glue onto large popsicle stick, if using.

Whole Group Activity: Print Muscle Squeeze Practice posters and hang throughout the room.

Extension Activity: Print/copy a set of Safe vs. Not Safe sort cards. You may wish to laminate for durability.

Worksheet(s): Print/copy Guided Practice worksheet, one per student.

MANAGING ANGER

Movement

Story

- "Today we are going to read a story about Lulu that will help us learn what we can do when anger shows up in our brains and bodies. Does anyone have an idea about what might be helpful before we start?"
- Pages 1-31: Follow the slides and read the story. Be sure to stop and discuss the following pages.
- Page 9: "Lulu really wanted the new toy, but Dax grabbed it first. How is Lulu feeling? Look at her face and body for clues." Guide students to identify facial and body cues that show she is mad or angry.
- Page 13: "Has something like this ever happened before; wanting the same toy as someone else? How did that feel?"
- Page 15: "Ms. Juniper helps Lulu calm her body by taking a deep breath. Let's take a few deep belly breaths together." Have students take 1-2 belly breaths together.
- Page 17: "Now, Lulu is going to try something called muscle squeezes. Can you point to a muscle on your body?" Encourage students to point to arms, legs, belly, and more.
- Pages 17-26: After reading each page, practice squeezing those muscles as a class. Reflect on how the movements feel.

Movement

- Pages 32-33: Ask students to stand in their spots.
- "We are going to move our bodies to help us remember what we learned about using muscle squeezes when we are angry or mad. Repeat after me!"
- Say each sentence and do the corresponding movement. Have students copy you.

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**Optional/
suggested
scripting to
use**

**Outline
breakdown
with activity
directions**

Hi, I'm Sara! At The Responsive Counselor, we create resources for school counselors, child therapists, and teachers that improve social emotional learning and help students be their best selves.

Our focus is creating resources that are effective (using research-based best practices) and engaging (through collaborative learning and relevant scenarios) for students.

education

B.A. from Michigan State University

Psychology and Anthropology

M.S. from Vanderbilt University

Community, Research, and Action

M.Ed. From Vanderbilt University

Human Development Counseling:
School Counseling & Mental
Health

experience

I'm a former school counselor from a large southeastern school district with a wonderfully diverse group of students. I created and implemented a data-based comprehensive school counseling program while helping classroom teachers and administrators implement schoolwide SEL and restorative practices. Now, I share my ideas and resources to reach students and help educators across the world!



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let's connect:

