

RULER ANCHOR

THE META-MOMENT

SECOND GRADE

MY NAME \_\_\_\_\_

DATE \_\_\_\_\_

Duration: 20–25 minutes

1

Family members and grown-ups, please read this before your child leads the activity.

Key Ideas:

- Sometimes we have to manage intense emotions in the moment.
- While this can be difficult, we can all develop strategies to help us.
- Taking long, slow breaths can be calming.

Activity Goal:

- To imagine a real life situation and practice deep breathing as a strategy for calming the body and mind.

Activity Steps:

1. Discuss the Meta-Moment Overview Handout together.
2. Please help your child read through the activity on the next page and support them through the process.

Let's get started!



Put your hand over your heart and take three slow, deep breaths

2

Student, follow the first step and then have fun doing the activity!

First Step

- Ask a grown-up to read this with you.

Before You Start

1. Think about a time when you were in the high yellow (lots of energy and pleasantness). Maybe you wanted to spring out of your chair with excitement or dissolve into laughter—but at a moment when you needed to stay in control of yourself.

*For example, you're on a field trip and are so excited about the cool science exhibits that you want to whoop and holler and dash in to start interacting with them. But, you know you have to stay quiet and focused as you are entering the building so that your teacher can get an accurate head count and sign everyone in.*

The Activity



1. Student: What is a situation where you had to manage high yellow emotions?
2. Share this story with your family.
3. Get ready to practice pausing!
4. Now, imagine you are in the same situation where you were feeling excited, joyful, or amused. This time, imagine yourself pausing.
  - a. Can you sense how your body is feeling?
  - b. Can you name your feeling?
  - c. Can you take slow, deep breaths?



Say this to yourself in your head and breath slowly three times:

**Breathe in like you're smelling the flower.**

**Breathe out like you're blowing out a candle.**

5. While you may still be feeling excited or amused, do you notice a slight difference in how your mind and body feels? Would you feel confident in doing this to help manage your strong emotions in the future?

3

Practicing the Meta-Moment: Pausing and Breathing

ACTIVITY SHEET 1

How did you feel after deep breathing? Please describe any small changes in your body or mind.

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The next time you have strong emotions that you need to manage in the moment, draw a picture of yourself deep breathing and succeeding.