



Virtual Leadership Development

Weekly Leadership Lessons for 4th and 5th graders

Each week you'll be receiving a new lesson to complete. Below are THREE things for you to do this week to practice your social-emotional and leadership skills:

- 1. Teach others in your home the games from the GAME OF THE DAY CHALLENGE.**
 - As a leader, you can take ownership of making sure safe and healthy play is happening in your home! Try to play/teach/lead one new game every day this week.
- 2. Complete the weekly JCLP Lesson!**
 - Each week will focus on a particular skill and have a new challenge to complete! You'll find the lesson on the next few pages of this document.
 - This week's lesson is on Self-Management and includes a Self-Care Challenge!
- 3. Complete the weekly SURVEY!**
 - On the weekly survey, you'll have the chance to tell us how your week went and submit a photo of you playing or teaching a game!
 - [Weekly Survey!](#)



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Self Management

Definition: *Self-management is the ability to successfully regulate your emotions, thoughts, and behaviors. Last week we talked about identifying emotions. Through self-awareness, we can recognize emotions. With self-management, we can learn to control and manage our emotions!*

Guided Questions:

Answer the following questions as you watch two short videos on self-awareness.

[Self-Management Video 1](#)

[Self-Management Video 2](#)

Consider the scenario about Rebecca in [Video 1](#). Rebecca overheard a group of girls saying unkind things about her best friend. This made Rebecca upset.

Write down your answers to the following questions:

1. *Why do you think Rebecca was becoming upset?*
2. *What would you do if you heard a group of people spreading rumors about your friend?*
3. *What are some effective ways Rebecca can control her emotions?*

Fill in the blanks based off of what you heard in [Video 2](#)

1. Self management is the ability to _____, _____, and _____ your emotions!
2. It also deals with how well you can _____ yourself.
3. Self-management involves managing _____ well, controlling _____, and working towards _____ goals.



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The 5 Spice Technique: A How-To

*At times, when we experience a certain emotion, we may want to switch out of that emotion. This is especially true when we are experiencing a negative emotion, such as anger. One technique for getting out of an emotion is **The 5 Spice Technique**. To get out of an emotion, you have to get out of the emotion part of the brain. You can do this by **distracting yourself with another task**. In other words, switch your focus!*

Switch your Brain with the 5 Spice Technique:

1. Prepare a question that you will remember to ask yourself when you are angry. Some examples:
 - What are five games I like to play? What are 5 places I have visited? What are 5 foods that I like to eat?
 - Make your own!
2. When something triggers your anger or makes you upset, think of this question.
3. Answer the question in your mind. This will make your brain switch out of its emotion and make it focus on remembering the answers to the question, which helps you to calm down.
4. Once you've answered the question in your head, take a few deep breaths and decide what is the right thing to do next.

Give me 5!

What are 5 categories you could use to calm down? (You can choose anything! Fruit, game, colors, sports, etc.)

- 1.
- 2.
- 3.
- 4.
- 5.



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Using the 5 Spice Technique

*Try to use the 5-Spice Technique **at least once** to help manage your emotions this week. Answer the questions on this page to reflect on your self-management this week.*

1. Reflect on a time when you used the Five Spice Technique this week.
 - What happened?
 - What emotion were you feeling?
 - What question/category did you use?
 - How did you feel after you used the technique?

2. Reflect on a time when you **COULD HAVE** used the Five Spice Technique this week, **but you didn't**.
 - What happened?
 - What emotion were you feeling?
 - What did you do in response to this emotion?
 - Do you think using the 5-Spice Technique could have been helpful in this situation? If so, how?



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Self-Care Challenge!

Self-care is an important part of self-management because if we are overwhelmed or tired, it can be harder to practice self-management. Self-care is when you take time to do things that make your mind and body feel calm and happy. This week we are playing Self-Care Bingo. See if you can get 3 in a row, or even complete the whole board!

Get at least 9 hours of sleep	Listen to music you like	Exercise or play an active game!
Talk to someone about how you're feeling	Use the 5-Spice Technique	Talk to a friend (this can be on the phone or virtually)
Make a list of your 5 favorite things to do and do one of them!	Drink more water	Stop and take 10 deep breaths