

Emotional Regulation and the Body Budget

Lesson Objective:

Students will learn how taking care of their body budget (sleep, hydration, healthy eating, and exercise) affects emotional regulation and helps them manage their emotions better.

Materials: Story (Chapter 2: Buzz and Sammy Learn About Emotional Regulation and the Body Budget), chart paper, markers, body budget worksheets, crayons/colored pencils

Materials Needed:



- Copy of Book 5, Chapter 2, *Buzz and Sammy Learn About Emotional Regulation and the Body Budget*

- Pencils and markers
- S.T.A.R. Strategy Poster
- Activity 1: Body Budget Check-In Worksheet
- Activity 2: My Body Budget Routine

Worksheet

- Home Connection Letter



Introduction to the Topic (10 minutes)

Greeting Outline:

- Welcome the children and have them sit in a circle (if applicable)
- Begin with a brief discussion on emotional regulation and the body budget.

Greeting and Circle Time Teacher Script

1. Warm Welcome and Opening Discussion:

- "Today, we're going to talk about something called the 'body budget.' Just like we need to budget our time to get everything done in a day, our bodies need to be taken care of so we can feel our best. What happens when you don't get enough sleep or skip breakfast? (Pause for responses) Exactly, you might feel tired or grumpy. Our body



budget is like keeping our bodies full of energy so we can manage how we feel."

2. Discussion Starter

- **"What happens to your mood when you don't get enough sleep?"**
(Follow-up: "How does that affect your day at school or with friends?")
- **"Have you ever felt cranky or had trouble focusing because you skipped a meal or didn't eat breakfast?"**
(Follow-up: "What do you think your body was telling you?")
- **"Can you think of a time when drinking water or going outside to move made you feel better?"**
(Follow-up: "Why do you think that helped?")
- **"What kinds of things do we do that use up our energy or body budget?"**
(Examples: staying up late, sitting all day, eating lots of sugar)
- **"Why do you think our emotions might be harder to manage when our body budget is low?"**

Read the Chapter (15 minutes)

Story Time Outline:



- Read Chapter 2 aloud. Pause at key moments to engage students and make sure they are following the story.
- Ask questions during key parts of the story.

Story Time Teacher Script:

Prepare the Students for the Story:

- "Today we are going to read chapter 2 from **Buzz and Sammy Spot the Signs** called *Buzz and Sammy Learn About Emotional Regulation and the Body Budget*"
- (Read the chapter aloud, pausing at key moments to ask questions and engage the children.)

Read the Chapter with Emphasis on Key Moments:

- **While reading**, pause during key moments.
- **Ask Questions:**
 - Why do you think Buzz and Sammy are having trouble focusing and feeling frustrated today?
 - What did Ollie mean when he mentioned the "body budget"?
 - What are some things that can affect our body budget?
 - How did skipping breakfast and not drinking water affect Buzz and Sammy's feelings?
 - Have you ever felt tired or grumpy like Buzz? What caused it?
 - How can sleep help our body budget?
 - Why is drinking water important for the body budget?
 - What do you think would happen if Buzz and Sammy took care of their body budget?
 - What did Buzz and Sammy plan to do to improve their body budget?
 - How did Buzz and Sammy feel the next day after taking care of their body budget?

Chapter 2: Buzz and Sammy Learn About Emotional Regulation and the Body Budget

It was a busy day at school, and Buzz and Sammy were both feeling a bit off. They had a lot of fun plans for recess, but something didn't feel right. Buzz was feeling extra grumpy, and Sammy couldn't focus on anything, which was unusual for him. Even their friends Ollie, Harriet, Betty, and Bennie noticed something was wrong.

"Hey, Buzz, why are you so quiet today?" Harriet asked as they lined up for lunch.

"I don't know," Buzz said, frowning. "I just feel really tired, and everything is annoying me."

"Yeah, I'm feeling the same way," Sammy added. "I can't seem to focus on anything, and I don't know why."

Bennie, always thoughtful, chimed in. "Maybe you're both just having an off day. Did you sleep okay last night?"

Buzz scratched his head. "Not really. I stayed up late watching videos, and I skipped breakfast this morning because I was in a hurry."

Sammy looked embarrassed. "I didn't eat breakfast either. And I didn't drink any water today—just a soda."

Their friends exchanged looks, and Ollie had an idea. "You know, we learned about the body budget in class the other day. Maybe that has something to do with how you're both feeling."

"The body budget?" Sammy asked, confused.

"Yeah," Ollie said. "Remember when our teacher talked about how our brain manages our body budget? It's like how your brain takes care of your energy, just like how you manage money. If you don't get enough sleep, water, healthy food, or exercise, your body budget runs low. And when it's low, it's harder for your brain to help you regulate your emotions."

"That makes sense," Harriet added. "When you're tired or hungry, it's easier to get frustrated or feel sad."

Grandma, who had been volunteering at the school that day, overheard the conversation and walked over. "That's exactly right. Your brain is always keeping track of your body budget. When you get enough sleep, eat healthy foods, drink water, and move your body, your brain has enough energy to help you handle your emotions. But when your body budget is low, it's much harder to manage how you feel."

Buzz looked thoughtful. "So, if I didn't sleep well and skipped breakfast, that's probably why I'm feeling so grumpy?"

"Exactly," Grandma said. "Your brain is predicting that things aren't going well because your body isn't getting what it needs. But the good news is, you can fix it by taking care of your body budget."

"But how do we do that?" Sammy asked.

"Well," Grandma explained, "there are a few key things you can do. First, make sure you get enough sleep. Your brain needs rest to reset your body budget. Second, eat healthy meals. When you skip meals or eat too much junk food, your body doesn't get the fuel it needs. Third,

drink water. Hydration helps your brain and body work properly. And finally, get some exercise—moving your body helps your brain balance everything out."

Ollie grinned. "It's like keeping your body's bank account full of energy!"

Buzz and Sammy exchanged a look. "That makes a lot of sense," Buzz said. "No wonder I've been feeling so off. I've been running on empty!"

"Me too," Sammy agreed. "I guess I haven't been paying attention to my body budget."

Grandma smiled. "It happens to everyone. But if you make a routine to take care of your body, you'll find it easier to manage your emotions, even on tough days."

"How do we start?" Buzz asked.

"Well," Grandma said, "you can make a simple routine. Try going to bed a little earlier so you get enough sleep. Make sure you eat breakfast in the morning—something healthy like fruit or oatmeal. Drink water throughout the day, and try to get outside to play and move your body. These small habits will help keep your body budget balanced."

Sammy nodded. "I can definitely try that. I've been staying up too late, and I know that's not helping."

Buzz looked determined. "I'm going to start drinking more water and making sure I eat breakfast. It's easy to forget, but now I know it's important."

Bennie added, "And we can remind each other! If we see one of us feeling off, we can ask about the body budget and help each other out."

The group nodded in agreement. They realized that taking care of their bodies was just as important as taking care of their friendships. When they managed their body budget, they could handle their emotions better and be kinder to themselves and each other.

That afternoon, Buzz and Sammy both made a plan. Buzz decided to go to bed earlier that night, and Sammy made sure to pack a water bottle for the next day. They promised each other to work on their body budget routine, and their friends agreed to help.

The next morning, Buzz and Sammy felt much better. Buzz ate a healthy breakfast, and Sammy made sure to drink water during the day. When they met up with their friends at recess, they noticed a big difference in how they felt.

"I feel so much better today!" Buzz said, smiling. "I guess taking care of my body budget really works."

"Me too," Sammy added. "I can focus a lot better now that I've had a good night's sleep and something healthy to eat."

Ollie grinned. "See? Taking care of your body helps your brain manage your emotions. When your body budget is full, you feel more in control."

Harriet nodded. "And when you feel in control, you can handle anything that comes your way."

As they played together, Buzz and Sammy felt proud of the changes they had made. They knew that by taking care of their body budget—getting enough sleep, eating well, drinking water, and moving their bodies—they could keep their emotions in check and have more fun with their friends.

From that day on, Buzz, Sammy, and their friends made a routine to check in with each other about their body budget. They learned that by taking care of themselves, they could handle their emotions better and enjoy their time together even more.

Post-Chapter Teacher Script

- **Teacher:** “Buzz and Sammy learned that there are a lot of things that the body needs to function well, and those things also affect how we feel.”

Post-Chapter Questions

Ask these questions to help students reflect on the chapter and connect it to their own experiences:

- What can happen to your emotions when your body budget is low?
- How can healthy food help you feel better during the day?
- How do you feel when you don't drink enough water?
- Why do you think exercise is important for your body budget?
- How does sleep help your brain manage emotions?
- What are some things you can do to take care of your body budget?
- How does taking care of your body help you be a better friend?
- How can we remind ourselves and our friends to take care of our body budgets?
- How did Buzz and Sammy handle their emotions better once they took care of their body budget?
- Why is it important to think about your body budget every day?

Do an Activity (20 minutes)

- Students will practice becoming more aware of their body budget and how to take care of it.

Please choose from the following 2 activities:

Activity 1: Body Budget Check-In (15 minutes)

Introduce Activity

"Now, we're going to do an activity where we check in with our body budget. Think about how much sleep you got last night, what you ate today, and if you've had any water or exercise. Then, we're going to fill out a 'Body Budget Check-In' sheet."

Activity Instructions

- Hand out the Body Budget Check-In worksheets with four sections: Sleep, Food, Water, and Exercise.
- Students will draw or write what they did for each category (e.g., "I ate eggs for breakfast," "I drank water," "I played outside").
- Ask students to color in on the thermometer how full or low their body budget is for each category

Discussion:

- After filling out their body budget check-in sheets, discuss how they think their body budget is today.
- "How can we improve our body budget tomorrow?" (Encourage healthy habits like getting more sleep, drinking water, etc.)

Activity 2: Create Your Own Body Budget Routine (15 minutes)

Introduce Activity

"Now that we know how important it is to take care of our body budget, let's create a routine that will help us stay on track every day!"

Activity Instructions

- Students will create their own "Body Budget Routine" poster.
- Hand out the "My Body Budget Routine" worksheet (sleep, healthy food, water, and exercise) and add things they can do each day to keep their body budget full (e.g., "go to bed at 8:00 PM," "drink 3 glasses of water," "play outside for 20 minutes").
- They can decorate their routine posters with drawings, stickers, or colors.

Discussion:

- Share posters with the class and talk about what they've included in their body budget routine.
- "How will these routines help us stay in control of our emotions?"

Review and Reflection Teacher Script

1. Gather in a Circle for Reflection:

- "Let's all come back together in a circle."

2. Closing

- "We learned today that our body budget helps us feel good and manage our emotions. When we don't sleep enough, skip meals, or forget to drink water, it's harder to control how we feel. But when we take care of our bodies, we feel happier, calmer, and can focus better."
- Reflect on the Day:
- "Let's think about one thing we will do tonight or tomorrow to improve our body budget." (Ask for a few student responses.)

Home Connection Letter

1. Sending Information Home:

- "Before you go, I have a letter for you to take home. The letter explains that we learned how our body budget impacts how we feel and that it's important to take care of our body budget."
- Hand out the letters as the children prepare to leave.

Parent Letter

Sending Information Home:

- Provide each child with a letter to take home to their parents explaining the lesson.

Dear Parent(s)/Guardian(s),

Today in class, we learned about the importance of taking care of our "body budget." Just like how adults manage money, kids need to manage their body budget, which includes getting enough sleep, eating healthy food, drinking water, and exercising. When kids take care of their body budget, they feel better emotionally, are more focused, and handle frustration more easily.

Your child created a body budget routine today to help remind them of healthy habits. Here's how you can support them at home:

- Encourage a bedtime routine to ensure your child gets enough sleep.
- Make sure they eat a healthy breakfast to start their day with energy.
- Remind them to drink water throughout the day.
- Encourage physical activity like playing outside or walking.

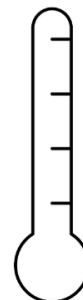
By supporting their body budget, you're helping them manage their emotions and have a great day, every day!

Best Regards,

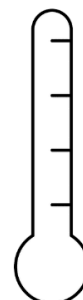
Body Budget Check-In



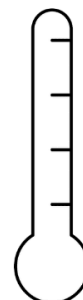
Sleep



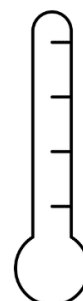
Nutrition



Water



Exercise



My Body Budget Routine

