

Self Regulation

Lesson Objective

Lesson Objective: This lesson encourages young children to explore self-regulation skills through interactive storytelling and role-playing, using the HALT, HOOT, and HEART strategy to build emotional awareness and responsible decision-making skills. Let me know if you'd like more details on any specific standard or connection!

Materials Needed:



- The Story “Ollie the Owl Learns to Halt, Hoot, and Heart”
- Song “HALT, HOOT, HEART”
- Owl, squirrel, and beaver puppets
- Ollie the Owl Coloring Sheets
- Crayons, markers, and other decorating supplies
- Home Connection Letter

Introduction to the Topic (10 Minutes)

Greeting Outline:

- Welcome the children and have them sit in a circle (if applicable)
- Briefly discuss what emotions are. Ask the class for examples such as do you ever feel upset or angry? Do you ever feel happy, if so, when?
- Introduce the concept of self-regulation and explain how it helps us make good choices even when we're upset.

Greeting and Circle Time Teacher Script

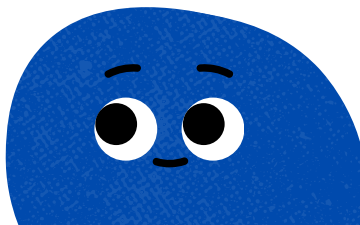
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- Introduce the concept of self-regulation and explain how it helps us make good choices even when we're upset.

1. Warm Welcome and Opening Discussion:

- Good morning, everyone! Let's gather in a circle. I'm so happy to see you all today.”

2. Discussion Starter

- “Today, we're going to talk about some important ways we can handle our feelings, especially when we feel angry, frustrated, or upset. Do any of you ever feel those ways?”
- Wait for a few children to respond and acknowledge their answers.
- “It's very normal to feel upset sometimes. We all feel that way! And today, we'll learn how to help us calm down and make good choices. It's called HALT, HOOT, and HEART. Let's see how Ollie the Owl learns to use these steps to feel better and make good choices.”



Read the Story (15 Minutes)

Story Time Outline



- Read the story “Ollie the Owl Learns to Halt, Hoot, and Heart” aloud.
- Ask questions during key parts in the story.
- Emphasized the steps to Halt, Hoot, and Heart.

Story Time Teacher Script:

1. Prepare the students for the story:

- “Now, we’re going to read a story called ‘Ollie the Owl Learns to Halt, Hoot, and Heart.’ Let’s see how Ollie handles feeling upset.” (Read the story aloud, pausing at key moments to ask questions and engage the children.)

2. Read the story with emphasis on key moments:

- While reading, pause during key moments to ask the following questions:
 - When Grandma Owl introduces HALT: “What do you think it means to HALT or stop? Why would that help Ollie when he’s upset?”
 - When Ollie tries HOOT for the first time: “Look at Ollie as he takes a big, deep breath. Can everyone take a deep breath with Ollie? Breathe in...and breathe out.”
 - When Ollie uses his HEART: “Now that Ollie is calm, he can make a kind choice. How does he choose to talk to his friend?”

Ollie the Owl Learns to Wait His Turn

In a forest deep and wide,
Lived an owl with wings so wide.
Ollie was his name, you see,
As wise as any owl could be.

But Ollie had a little trouble,
When things went wrong, he'd burst like a bubble.
He'd flap his wings and hoot out loud,
Making quite a noisy crowd.

One sunny day, by a bubbling brook,
Grandma Owl gave Ollie a special look.
"Ollie dear, when you start to frown,
Remember HALT, HOOT, and HEART to calm down."

"Halt," she said, "means stop and wait,
Take a moment, don't get irate.
Just pause and breathe, it's really smart,
To make good choices, use your heart."

Ollie listened, eyes open wide,
He wanted to try this new guide.
The next day, when he felt so mad,
He remembered Grandma and felt glad.

First, Ollie HALTed, stopped in his tracks,
No flapping wings, no noisy cracks.
He closed his eyes, began to HOOT,
Took deep breaths, nice and smooth.

One, two, three, he counted slow,
His breathing helped his calm to grow.
With a gentle smile, and a peaceful start,
Ollie used his loving HEART.

When his friend Squirrel took his nut,
Ollie wanted to yell, but...
He HALTed, HOOTed, and with a gentle art,
Asked kindly, using his HEART.

"Squirrel, can I please have that back?
It's mine, you see, from my own stack."
Squirrel smiled and said, "Oh sure!
I didn't know, here, you can have more!"

Ollie felt so proud and bright,
He knew he'd done the thing that's right.
When Beaver splashed him with a wave,
Ollie wanted to be brave.

He HALTed, HOOTed, calm and clear,
Then said, "Beaver, come here, my dear.
I don't like getting all wet,
Can we play a game without a fret?"

Beaver nodded, they played in cheer,
Ollie's heart was full, without a tear.
Each day, Ollie practiced more,
HALT, HOOT, HEART, his favorite core.

Through sunny days and starry nights,
Ollie's choices were always right.
He shared his trick with friends so dear,
To help them all, year by year.

So if you ever feel upset,
Remember Ollie's trick, don't forget.
HALT and HOOT, let calmness start,
And make good choices with your HEART.



3. Post-Story Teacher Script

- “What did Ollie do first when he felt upset? That’s right, he HALTED. He stopped what he was doing. Then, what did he do? Yes, he HOOTed, taking a deep breath. Finally, he used his HEART to decide what to do. We can remember HALT, HOOT, and HEART to help us when we feel upset.”

4. Post-Story Questions

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

- “Why should Ollie halt?”
- “Can you think of a time when you could have practiced Halt, Hoot, Heart?”

Sing the Song (10 Minutes)



- Teach the children the "HALT, HOOT, HEART" song.
- Use simple actions for each step (e.g., stop sign for HALT, deep breathing for HOOT, and hands over heart for HEART).
- Sing the song together a few times, encouraging the children to join in with the actions.

Teacher Script:

- "Now, we’re going to sing a song to help us remember HALT, HOOT, and HEART. Each part of the song has a movement to go with it."
- Teach the children each part of the song, with movements to help them remember the steps:
 - HALT: “When we say HALT, let’s hold up our hand like a stop sign.”
 - HOOT: “For HOOT, we’ll put our hands around our mouth like we’re hooting like Ollie, and take a deep breath.”
 - HEART: “For HEART, we’ll put our hands over our hearts to show kindness and care.”

Sing the song together, doing the actions with each verse. Encourage the children to join in and repeat the song a few times.

Halt, Hoot, Heart

Verse

Hand Movements

[Verse]

"Ollie the owl up in the tree"
"Wise little friend watching over me"
"When I'm feeling wild I know what to do"
"Halt and hoot and let my heart be true"

Flap arms like wings and stretch them up high like a tall tree.

Hold up your hand as if signalling "stop," cup hands around mouth and pretend to hoot, then place hands over heart.

[Verse 2]

"I see a snack that I can't eat right now"
"Ollie says wait I know just how"
"Hoot hoot hoot slow it down"
"Listen to my heart and wear my patience crown"

Place a finger on lips as if saying "wait," then nod head.

Place hands over ears as if listening, then place hands over the heart and make a crown shape overhead.

[Chorus]

"Halt Hoot Heart it's the way to start"
"Make good choices follow Ollie's chart"
"Halt Hoot Heart it's the key for me"
"Being wise like Ollie in the big oak tree"

Repeat the "Halt Hoot Heart" actions, then point to self.

[Verse 3]

"Friends are playing but I want to shout"
"Ollie reminds me to figure it out"
"Halt and hoot let my heart decide"
"Kind words only leave the bad behind"

Point to head, then place a finger on the chin as if thinking.

Hold up your hand as if signalling "stop," cup hands around mouth and pretend to hoot, then place hands over heart.

[Bridge]

"When I'm frustrated and don't know what to do"
"I'll halt and hoot like Ollie taught me to"
"Heart open wide feeling strong inside"
"Good choices will always be my guide"

Hold up your hand as if signalling "stop," cup hands around mouth and pretend to hoot.

Place hands over heart, then stretch arms wide and flex muscles.

[Chorus]

"Halt Hoot Heart it's the way to start"
"Make good choices follow Ollie's chart"
"Halt Hoot Heart it's the key for me"
"Being wise like Ollie in the big oak tree"

Repeat the "Halt Hoot Heart" actions, then point to self.



Do an Activity (20 Minutes)

- Students will practice using the HALT, HOOT, and HEART strategy.



Activity 1: Puppet Role Play (15 Minutes)

Introduce the Activity

- “Now we’re going to use some puppets to practice HALT, HOOT, and HEART. We’ll act out times when Ollie and his friends feel upset and use our new strategy.”

Activity Instructions

- Use the owl, squirrel, and beaver puppets to act out different scenarios where Ollie could use Halt, Hoot, and Heart. Let the students take turns practicing the strategy.

1. Example Scenario

- Ollie is upset because Squirrel took his favorite branch to sit on. Let’s HALT and take a moment. What could Ollie do instead of getting upset? Let’s try using our HEART to make a kind choice.”

2. Take Turns

- Let the children take turns using the puppets to practice HALT, HOOT, and HEART in different scenarios, guiding them with prompts.

3. Wrapping it Up

- “Remember, first we HALT to stop, then we HOOT to calm down, and finally, we use our HEART to choose the best way to respond.”

Activity 2: Coloring (15 Minutes)

Introduce Activity

- “Now, let’s color a picture of Ollie the Owl to help us remember HALT, HOOT, and HEART.”

Activity Instructions

- Hand out the Materials
- “As you color, think about how you can use HALT, HOOT, and HEART in your own life when you feel upset or frustrated.”
- Conversation
- “What kinds of things can you do to feel calm when you HALT? What helps you use your HEART to make a kind choice?”

Activity Reflection

“Let’s all sit in our circle again. You did an amazing job today!”

Wrap Up the Lesson (5 Minutes)



Review and Reflection Overview:

- Gather the children back in a circle.
- Review the steps HALT, HOOT, and HEART.
- Ask a few children to share what they learned and how they can use the strategy at home or in school.

Review and Reflection Teacher Script

Gather in a Circle for Reflection:

- “What is the first step we learned? (HALT) And what do we do next? (HOOT) And then we finish with? (HEART)”
- “Great job, everyone! You learned how to HALT, HOOT, and use your HEART to make good choices. Can anyone share a time when they might use HALT, HOOT, and HEART?” Listen to a few responses and provide positive reinforcement.

Closing

- “Remember, HALT, HOOT, and HEART will help us whenever we feel upset. You all did an amazing job today!”

Home Connection Letter

1. Sending Information Home:
2. “Before you go, I have a letter for you to take home to your caregiver. It explains the steps HALT, HOOT, and HEART so you can practice them together at home.”
3. Hand out the letters as the children prepare to leave. “Great job, everyone! I’m so proud of how well you learned this new strategy.”



Emozi® Parent Letter

Dear Parents/Guardians,

Today in class, we learned about self-regulation through the story "Ollie the Owl Learns to Halt, Hoot, and Heart." This story teaches children a simple strategy to manage their emotions and make good choices when they feel upset.

Here's what we learned:

1. HALT – Stop and wait. Take a moment before reacting.
2. HOOT – Take a deep breath. Calm down by breathing in and out slowly.
3. HEART – Make a good choice. Use your heart to decide what to do next.

We practiced this strategy through role-playing and a fun song. You can help reinforce this at home by reminding your child to HALT, HOOT, and use their HEART when they are upset.

Thank you for your support!

With gratitude,



Name:

