



KINDERGARTEN

Fall Workshop Series Outline

LESSON ONE: KINDNESS

Conflict Resolution Themes and Strategies: Learners will explore what it looks, feels and sounds like to be kind.

Curriculum Expectations Covered:

- 4.3 Belonging and Contributing
- 4.4 Self-Regulation and Well-being
 - 2.5 develop empathy for others, and acknowledge and respond to each other's feelings

LESSON TWO: HOW ARE YOU FEELING?

Conflict Resolution Themes and Strategies: Learners will identify different emotions and explore how we can understand how others are feeling.

Curriculum Expectations Covered:

- 4.3 Belonging and Contributing
- 4.4 Self-Regulation and Well-being
 - 2.4 demonstrate self-control and adapt behaviour to different contexts within the school environment

LESSON THREE: FINDING CALM

Conflict Resolution Themes and Strategies: Learners will explore how they can "find calm" when they're experiencing feelings of anger, frustration, silliness or overwhelm.

Curriculum Expectations Covered:

- 4.3 Belonging and Contributing
- 4.4 Self-Regulation and Well-being
 - 2.4 demonstrate self-control and adapt behaviour to different contexts within the school environment

OBJECTIVE

Learners will develop social-emotional skills with hands-on activities, discussion, and mentorship.

TIME | 80 minutes

MATERIALS

- Space: all activities can be done in your own classroom!
- Whiteboard and markers

YOUR WORKSHOP SERIES INCLUDES:

- 5 workshops
- TREE classroom facilitators
- Evaluation tools
- Additional classroom resources:
 - Activity suggestions
 - Reflection prompts
 - Media guide
- Resources for families
- PD webinar for educators

LESSON FOUR: ACTIVE LISTENING

Conflict Resolution Themes and Strategies: Learners will practice their active listening skills through interactive games.

Curriculum Expectations Covered:

- 4.3 Belonging and Contributing
 - 1.2 listen and respond to others, both verbally and non-verbally, for a variety of purposes and in a variety of contexts
- 4.4 Self-Regulation and Well-being
 - 1.6 use language (verbal and non-verbal communication) to communicate their thinking, to reflect, and to solve problems
 - 1.3 use and interpret gestures, tone of voice, and other non-verbal means to communicate and respond

LESSON FIVE: THAT'S NOT FAIR!

Conflict Resolution Themes and Strategies: Learners will explore strategies to respond to others when they feel a situation is not fair.

Curriculum Expectations Covered:

- 4.4 Self-Regulation and Well-Being
 - 1.3 use and interpret gestures, tone of voice, and other non-verbal means to communicate and respond
 - 2.4 demonstrate self-control and adapt behaviour to different contexts within the school environment
 - 3.2 demonstrate the ability to take turns during activity and discussions

Works Referenced

Ontario Ministry of Education. (2015). The Kindergarten Program [Program of Studies]. Retrieved from https://files.ontario.ca/books/edu_the_kindergarten_program_english_aoda_web_oct7.pdf