



KINDERGARTEN

Winter Workshop Series Outline

LESSON ONE: FRIENDSHIP

Conflict Resolution Themes and Strategies: Learners will explore how they can be a good friend.

Curriculum Expectations Covered:

- 4.3 Belonging and Contributing
- 4.4 Self-Regulation and Well-being
 - 3.3 demonstrate an awareness of ways of making and keeping friends
 - 3.2 demonstrate the ability to take turns during activity and discussions

LESSON TWO: NAMING EMOTIONS

Conflict Resolution Themes and Strategies: Learners will identify different emotions and the body language associated with those emotions.

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: COOLING DOWN

Conflict Resolution Themes and Strategies: Learners will identify their own big emotions, like anger and frustration, and learn how they can cool down.

Curriculum Expectations Covered:

- 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: EMPATHY

Conflict Resolution Themes and Strategies: Learners will explore how they can show empathy to their friends and classmates.

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 FIVE: I LIKE, YOU LIKE

Conflict Resolution Themes and Strategies: Learners will identify things they like, and understand how they can get along with others, and respect each others' own unique preferences.

Curriculum Expectations Covered:

- 4.3 Belonging and Contributing
- 4.4 Self-Regulation and Well-being
 - 6.5 discuss and demonstrate in play what makes them happy and unhappy, and why

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