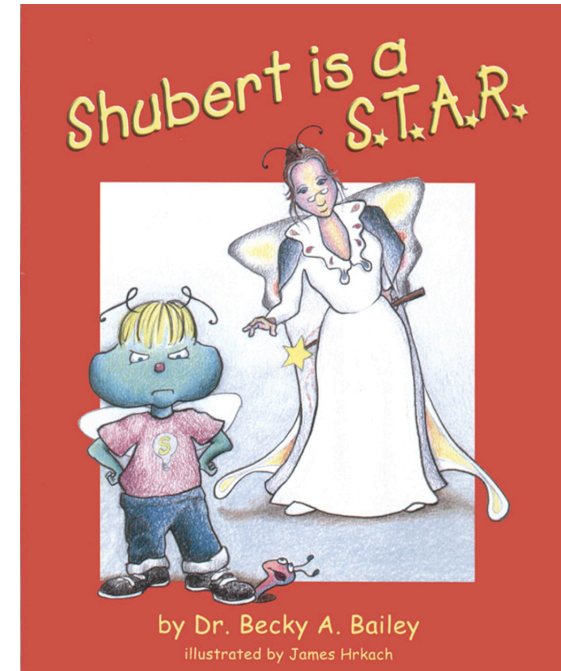


Story Time

Shubert is a S.T.A.R

- ★ Have students write about a time that they got angry and reflect about when would have been an opportunity for them to stop and breathe. Write an action plan.
- ★ Role play the different breathing techniques. Ask students if they have gotten upset and have them act it out. Ask them to go back and show where they could have taken a deep breath.
- ★ Take pictures of students demonstrating the different techniques. Assemble the pictures in a book and send the book and a star wand home. Ask the children to teach their parents one of the breathing techniques.
- ★ Make a game board with different breathing techniques, safe places, etc., scattered throughout the game. (Shubertville!) Have kids write frustrating scenarios on index cards and roll the solution cube to select techniques to help them feel better.
- ★ Visit nursing home/residential care facility. Bring a safe place case and have children demonstrate ways to feel better after they read the book to their partner.

**Teaches the
breathing
techniques and
the lotions**



Story Time

Empowers bullies

Shubert's Helpful Day

- ★ Take pictures of your class doing helpful things and create a class book.
- ★ Illustrate the song about helpfulness from "It Starts in the Heart."
- ★ Create a bulletin board of the helpful things children do in your classroom.
- ★ Have each student create a personal "helpful" book. In these books, have them record ways to feel better, ways to say "no," and ways to express anger.

shubert's Helpful Day



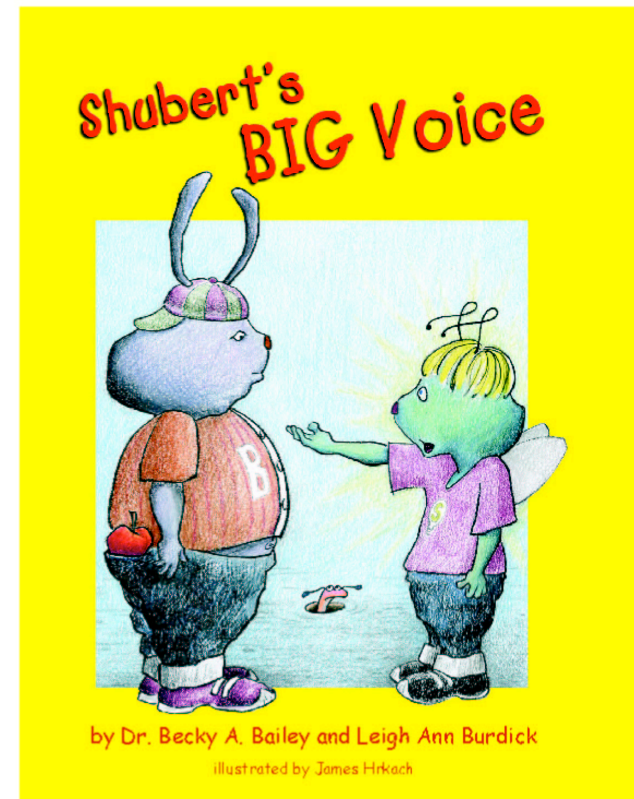
by Dr. Becky A. Bailey
illustrated by James Hrkach

Story Time

Shubert's Big Voice

- ★ Great to read before teaching the Conflict Resolution Time Machine!
- ★ Play the game "Big Voice" where students pick a card with an upsetting situation explained on it, and then figure out what they want to have happen.
- ★ Teach quotation marks. Have students think of situations where someone has upset them and they need to practice using their "Big Voice." Write them out. Use macaroni elbows as quote marks.
- ★ Go to a buddy class to teach them about "Big Voice."

Empowers victims



Story Time

Shubert Sees The Best

- ★ Read story and make heart glasses (a free glasses template is available at www.ConsciousDiscipline.com).
- ★ Ask students to become detectives and take their notebooks/charts to lunch, recess, an assembly, etc., to look for and record kindness. Analyze the data, make charts and publish a kindness newsletter.
- ★ Make posters and hang them around the school illustrating how to change hurtful events into helpful ones.
- ★ Verb Hunt. Make a list of hurtful events. Students work in teams to write ways to change them to helpful ones. Next, hunt for all the verbs in these documents. (K/pre-K: Hunt for a certain letter in a similar document you have created.)

Handles name-calling

