

Episode 3: Kiko Calms Herself

~ Teacher Guide ~

Lesson Plan (15–20 min)

1. Warm-up (2 min): Ask: "What does your body feel like when you're really frustrated?"
2. Listen (5–8 min): Play the episode.
3. Discuss (5 min): Use discussion questions below.
4. Activity (5–7 min): "Ocean Breathing" + "5 Senses Check-In" (below).

SEL Objectives

- Practice a concrete deep-breathing technique for self-regulation.
- Practice a simple grounding technique (naming what you see/hear).
- Understand that feelings themselves are always okay, even when the resulting actions need a repair (apology).

Vocabulary

Current — the movement of water in the ocean.

Swell — a large, rolling wave.

Calm — peaceful and settled.

Breathe — taking slow air in and out to help your body feel calmer.

Discussion Questions

1. Why did the wiggly water make Kiko feel frustrated?
2. What did Kiko do when she got upset? What happened next?
3. What are the two things Grandma taught Kiko to do to feel calmer?
4. Why do you think Calima said "your anger is ok, sweetheart"?
5. After Kiko calmed down, what did she do to make things right with Grandma and her mom?

Classroom Activities (no special materials)

1. Ocean Breathing: Breathe in for 4 counts ("wave rising"), hold for 2, breathe out for 4 ("wave falling"). Practice together 3–4 times.
2. 5 Senses Check-In: When a student feels frustrated, guide them to name one thing they see and one thing they hear — same technique Grandma uses with Kiko.

Worksheet Ideas

"My Calm-Down Steps" — a simple numbered checklist (breathe, notice, it's okay to feel this) kids can keep at their desk.

Feelings-body map — outline of a body where kids color/mark where they feel big emotions.