Closegap Day 1 Lesson Plan

OBJECTIVES: Introduce Closegap's daily check-in to students in grades K- 5 and allow students to complete their first check-in.
TIME: 30 Minutes
MATERIALS: Lesson Plan, Slides
GRADES: K-5

[Slide 1: Title - Introduction to Closegap]

Presenter: Good morning, everyone! Today, we have an exciting new program to introduce to all of you called Closegap! Let's dive right in and learn more about it.

[Slide 2: Meet Cadet]

Presenter: This is Cadet! Cadet is a friendly astronaut that will help guide you through the check-in each day. Today, Cadet and friends will guide us through Closegap's Emotional Wellness Training.

Closegap is a fantastic tool designed to help you check in with your emotions, energy level, and other aspects of your life. The check-in is your time to take a couple minutes and reflect on how you're feeling each day. With the help of Cadet, we'll learn how to identify our emotions and describe how we're feeling.

[Slide 3: Cadet and Friends]

Presenter: Here are some of Cadet's astronaut friends. There is ILo, Astrid and Leni. They will be helping us throughout the presentation today.

Closegap uses different planets and moons to help you describe how you're feeling. Here's the really cool part - your teacher and other school staff will be notified about how you're doing. Isn't that awesome? That way, we can help if you need it.

At the end of the check-in, you'll get to choose from a variety of activities that will help you learn to regulate your emotions and prepare for the rest of the day.

Let's take a look at how it works!

[Slide 4: Video - Introduction to Closegap]

Presenter: First, let's watch a short video that explains the dos and don'ts of Closegap.

[Play video]

CLOSEGAP

[Slide 5: Emotion Selection]

Presenter: Alright, let's dive in! During your Closegap check-in, the first question you'll be asked is, "How are you feeling?" There are eight different planets representing different emotions, like happy, angry and sad. You get to choose the planet that best describes how you're feeling emotionally that day.

Once you've selected your planet, you'll then rate the intensity of that emotion on a scale of 1 to 10. This will help us understand how strongly you're feeling that particular emotion.

[Slide 6-13: Moons and Body Connection]

Presenter: Each planet has different moons that are connected to how your body is feeling. These moons represent the physical aspects related to your emotion. They help us understand how your body is responding to your emotions.

Today, we're going to explore each of the planets (emotions) and take a closer look at the moons (physical feelings) connected to each emotion. This will help us understand the full range of emotions and how they manifest in our bodies.

Go through each planet slide and talk about the emotion planet and the physical moon body sensations that are connected to each planet.

[Slide 14: Break time with Astrid]

Presenter: Those were the different planets that are in the Closegap solar system! Each day you'll select the planet and moons that match how you are feeling emotionally and physically at that moment.

Right now, I want you to [raise your hand, talk to your partner] and select one planet for how you are feeling right now.

(Provide time to share)

[Slide 15: Energy Level]

Presenter: Moving on, the next part of the check-in is all about how much fuel you have in your tank! We call it the "Energy Level." Ideally, you'd start your day feeling "full and ready," but we understand that might not always be the case.

You can see that Leni's tank is low today. That's okay and Leni can think about what is making them feel that way.

[Slide 16: Other Questions]

Presenter: Now, let's move on to the third part of the check-in, where you'll answer a few more questions about other things happening in your life.

Here are the questions you'll find:

- Are you hungry right now?
- Did you sleep well last night?
- Are you hurt or sick?
- Is everything okay at home?
- Is someone being unkind to you at school?

[Slide 17: Check-in with an Adult]

Presenter: Sometimes, you might be asked if you want to talk with an adult. This option is available to let the adults in our school know if you need a little more support after your check-in with Cadet. However, it's important to only click this box if you truly feel the need to talk with an adult. If everyone clicked this box, we wouldn't be able to support everyone effectively.

[Slide 18: Choose an Activity]

Presenter: The end of the check-in is Cadet's favorite part! This is where you get to choose from different activities, like breathing and shaking out your body. The activities are designed to set you up for success for the rest of the day! Each activity prepares you in a different way and you get the chance to explore different options after each check-in.

[Slide 19: Updates]

Presenter: Sometimes there might be a new question or change to your check-in. This is just Cadet and his team making improvements to make sure that you are set up for success. There is no need to feel worried when things change.

[Slide 20: Passing C.E.T]

Presenter: You have officially completed Closegap's Emotional Wellness Training! Cadet and his friends are so proud of you for staying focused and engaged while learning about your emotions and the Closegap Check-In!

Does anyone remember the 5 main parts of a Closegap Check-In?
Planet : Emotion
Moon : Physical Sensations
Fuel : Energy
Daily Questions
Regulation Activity

[Slide 21: Check In- Steps]

Now that you have completed training, you will log into your own Closegap account. Once logged in, you can complete your first check-in on your [computer, iPad, device]!

Please follow the steps on the board and follow along.

- Step 1: Go to Closegap.org
- Step 2: In the top right corner click the button that says "Login"
- Step 3: Sign is using [google, your email and password, or other method]
- Step 4: Cadet will walk you through your check-in

If you have any questions during your check-in, please raise your hand, and I will come and support you.

[End of Presentation]