



Miss Kendra's List
**NO CHILD SHOULD HAVE TO SEE
OTHER PEOPLE HURT EACH OTHER**
Week 4: Resilience Building Skills

SEL Competencies: Self Awareness (Identifying Feelings)
Self Management (Stress Management)
Resilience (Coping)

Preparation:

- Need plastic snack bags with zippers (small/snack size)
- Equal size blocks, tokens, or anything you have in your classroom in bulk that can be used to stuff
- Have a few bins you can separate them into and one bin that can contain all the items at the end

Opening Ritual:

- “Who knows what time it is?” “Miss Kendra Time!”
- Go through Miss Kendra’s List, having the class repeat after you or a student volunteer.

Introduction: *“Today we are going to (zip your mouth and mumble) because sometimes when we show that we’re having feelings people tell us to (zip your mouth and mumble). So to demonstrate that, I have a challenge for you all. You will each get your own bag, and you will get access to a bucket of feelings (blocks, tokens, etc.), and when I say go, I want you to try and stuff as many feelings as you can into the bag, and still be able to zip it up. When you are finished, zip up the bag, and put it down so I know you are done.”*

Zip It Up Challenge

1. Distribute plastic bags and buckets of bulk objects to each table.
2. Give students time to get as many of the bulk items into the bags as possible and still be able to zip them up.
3. Ask students to count the number of objects they got in their bags.
4. Ask students to name the kinds of feelings that they may have had to stuff away, either to have to focus at school, or because they have been told ‘not to cry’ or be upset about something that hurt them.

5. Read the poem below and have a discussion.

Zip It Up

Stop. Shut it. Stuff it down.
Stop having feelings. Calm down.
Don't cry. You're too much.
I'm done with you. You just want attention.
Stop being a cry baby. You're being dramatic.
Grow up. Move on. Get over it.
You're fine.

Discussion:

- Has anyone ever said one of these things to you?
 - If so, how did it make you feel?
- What about when people say “boys don't cry” or “man up” - what do we think? Do we agree or disagree? How does that make you feel? Is it fair? Is it okay for boys to show their feelings?
- Do you feel like you are allowed to cry?
- Who do you have to support you when you feel upset?
- Have you ever heard someone say these things to someone you care about?
- If someone you care about is being hurt, should they have to pretend that everything is fine?

Closing - Dump It Out

“This month we talked a lot about seeing other people hurt each other, and how seeing those kinds of things hurts you. Sometimes when that happens you might be told that you are not allowed to be upset, or sad, or scared, even though you are.”

1. Have each student think about a feeling that they are having about something that is happening in their lives.
2. Have any student who wants to share their feeling and worry, do so if they wish. Take time to talk about a few of these. After someone has shared, have them dump out their bag into a bin or container you carry.
3. At the end go around and have the rest of the students say one word to represent how they are feeling and dump their objects out.