

Day Two: Who Can Help?

Explore (20 minutes)

Children will practice identifying problems and create plans to address them.

Supplies

- » **Breathe, Think, Do** Chart
- » Tape
- » **Breathe, Think, Do** Cards
- » Word Garden
- » Markers

Setup

- » Post the **Breathe, Think, Do** Chart up on the wall.

Goals

- » Review the strategy: What’s the Problem? What’s the Plan? as part of **Breathe, Think, Do**
- » Introduce the strategy “Ask for help”

Activity

1. Gather children and have them sit in a circle on the floor.
2. Ask, “What do we do when we have a problem?” Hold up your **Breathe, Think, Do** Cards, one after another. As you hold up each card, encourage children to say “**Breathe, Think, Do**” as they do each pose.
3. Show children the **Breathe, Think, Do** Chart on the wall. Explain that you are going to use it to help Elmo come up with a plan to solve the problem.
4. Share the problem. Say, “Listen to this story, and see if you can name the problem:
Three of Elmo’s friends are playing together. They are playing a really fun dress-up game. Elmo has a problem. He wants to play, too, but there aren’t enough costumes for everyone. Joining the game isn’t working out for Elmo.”
5. Say, “How do you think Elmo is feeling?” Have the children use the Word Garden to find the right word. Ask, “Do you think he is feeling **disappointed**? Why?”
6. Now say, “Let’s think! What is Elmo’s problem?” Then point to the **Think** column on the chart. Ask children to describe the problem with and use the chart to write or draw pictures of what they say.
7. Then say, “The next part of thinking is to ask, ‘What’s the plan?’ Let’s think of ideas.” Draw or write their responses under, “What’s the plan?” on the chart. Suggest that one plan could be to ask for help. Say, “Who can help Elmo?”

PROVIDE CHILDREN with the following line when they need help in a similar situation: “**I want to join the game but I don’t know how. Can you help?**”