

# Closegap Day 1 Lesson Plan



**OBJECTIVES:** Introduce Closegap daily check-in to students in grades 6-12 and allow students to complete their first check-in.

**TIME:** 30 Minutes

**MATERIALS:** Lesson Plan, Slides

**GRADES:** 6-12

## [Slide 1: Title - Introduction to Closegap]

Presenter: Good morning, everyone! Today, we have an exciting new program to introduce called Closegap! It's a daily check-in that will help you reflect on your emotions, energy level, and other aspects of your life. The goal is to create a space where you can take a minute to think and share about how you're doing, so myself and other school staff can best support you. Today, we'll go through the check-in together, so you know what to expect.

## [Slide 2: Vibe Selection]

Presenter: Alright, let's get started! The first question you'll be asked during the check-in is, "What's your vibe?" This is a way for you to customize your experience. You can select the color scheme you want for your check-in.

Ask: What color would you pick?

## [Slide 3: Goal Setting]

Presenter: The next part of the check-in is setting a daily goal. Setting a daily goal is important because it helps set an intention for the day. It doesn't need to be huge; it can be something that you're working on inside or outside of school.

You will be the only one seeing your daily goal, so feel free to use this space to focus your attention on something you'd like to accomplish for the day.

## [Slide 4: Emotion Selection]

Presenter: During your Closegap check-in, the third question you'll be asked is, "How are you feeling?" There are eight different planets representing different emotions. You get to choose the planet that best describes how you're feeling emotionally each day.

## [Slide 5: Intensity Scale]

Presenter: Once you've selected your emotion, 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: Emotion Selection cont.]

Presenter: We know that emotions can mean different things to people. Feeling “worried” might feel one way for me and completely different for my friend. That is why there are sub feelings associated with each planet feeling.

These sub feelings help you get a deeper understanding of how you are feeling and learn a variety of descriptive words to express those feelings.

Each planet (emotion) has an array of moons (physical feelings) that describe how your body is feeling as you experience that emotion. They help you understand and describe how your body is responding to your emotions.

### [Slide 7-14: Moons and Body Connection]

Presenter: We're going to explore each of the emotions (planets) and take a closer look at the sub emotions and physical feelings (moons) 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 talking about emotion, sub emotions and physical body sensations that are connected to each emotion.

Have 2-3 students share a time when they felt that emotion/physical sensation.\*\*

### [Slide 15: Break time]

Presenter: Those were the 8 different emotion planets that are in the Closegap solar system! Each day you'll select the emotion and physical feelings that best describe how you're feeling emotionally and physically in that moment.

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

### [Slide 16: Energy Level]

Presenter: Moving on, the next part of the check-in is about how much energy you have for the day or “fuel in your tank”! Ideally, you'd start your day feeling “full and ready,” but we understand that might not always be the case.

### [Slide 17: Other Questions]

Presenter: Depending on how you answered the previous questions, there might be days where you'll be asked a handful more questions about other things happening in your life. This is an opportunity to share other things that might be bothering you, and lets your teachers know how they can best support you.

Presenter: 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 18: Check-in with an Adult]

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

### [Slide 19: Choose an Activity]

Presenter: At the end of the check-in, you'll get to choose from six different activities that will help set you up for success for the rest of the day. These range from breathing, to power poses and journaling. These activities are tools to help you regulate your emotions, so explore each one and select the one that you feel will benefit you the most every day.

### [Slide 20: Updates]

Presenter: Occasionally, you might see a new question or change to your check-in. This is just Cadet and the Closegap team making improvements to the check-in. There is no need to feel worried when new things come up.

### [Slide 21: Check In- Steps]

Ok now that we've gone through what to expect together, it's your turn to take over and go through your first check-in!

Please follow the steps on the board to login and complete your first check-in.

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