



CANADIAN CUDDLES



Just a Sasquatch Second! Worksheet

TEACHER GUIDANCE SHEET

Required Material:

- ▶ The Just a Sasquatch Second Worksheet
- ▶ Pens / Pencils

L.O:

- ▶ To understand the importance of pausing before reacting.
- ▶ To understand why I might overreact to a situation.

STARTING ACTIVITY (5mins)

GROUP DISCUSSION – Have the children discuss times when they feel they may have overreacted to a situation, and ask them how they think they could have reacted differently or better.

reacting, can help when we feel our emotions bubbling over in response to something that has happened.

For this activity we are going to use the word ‘sasquatch’.

MAIN TEACHING (10mins)

Leading on from the Group Discussion, tell the children that it is not uncommon for people to overreact to something. Be it in anger, fear or even happiness, our reactions to something that has happened can be driven by many different emotions and cause outbursts that may be considered as an overreaction and cause upset or confusion.

Ask the children for suggestions on how they could try and avoid overreacting and make sure they understand a situation enough to react accordingly.

Highlight if any of the children suggested pausing before responding. Tell them that even just a seconds pause gives us the opportunity to better understand a situation, which can help us determine how we should respond.

Split the children into two groups, name one group the “overreactors” and the other group the “sasquatches”. The overreactors are going to respond all together without thinking to a statement you will say to them and the sasquatches will say the word “sasquatch” all together, giving them a second to think about what has been said and respond accordingly.

For both groups, complete the statement so they can see if their reaction was warranted.

*Overreactors: “The weather is going to be bad today”
react “but not in our local area!”*

*Sasquatches: “We are late for our appointment”
react “actually we are not late, my watch has stopped.”*

PLENARY (2mins)

GROUP DISCUSSION – Have the children discuss the differences between the reactions and how they think giving themselves a second to think about the situation helped with their reaction.

MAIN TASK - (15mins)

Keeping something in mind we can remind ourselves of, or a word we can say to help us pause before



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CHILDREN'S SHEET

Keeping in mind something we can remind ourselves of, or a word we can say to help us pause before reacting, can help when we feel our emotions bubbling over in response to something that has happened. For this activity we are going to use the word 'sasquatch'. Split into two groups, one group being the "overreactors" and the other the "sasquatches".

The overreactors are going to respond all together without thinking and the sasquatches will say the word "sasquatch" all together, giving them a second to think about what has been said and respond accordingly to a statement you will be told.

You can colour in the sasquatch below if you like.

