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Honors Program

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Relax and Recharge Club

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Nebraska Honors Program
CLC Expanded Learning Opportunity Clubs
Information Sheet

Name of Club: Relax and Recharge club

Age/Grade Level: K-5th

Number of Attendees: (ideal number) 9 at a time, rotate in groups

Goal of the Club: (learning objectives/outcomes)

To create a mindful environment that allows for students to cope with stress and emotions in a healthy way

Resources: (Information for club provided by)

UNL CAPS website on mental wellness, online yoga for kids poses, breathing and relaxation tips; an assortment of craft websites

Content Areas: (check all that apply)

- Arts (Visual, Music, Theater & Performance)
- Literacy
- STEM (Science, Technology, Engineering & Math)
- Social Studies
- Wellness (Physical Education, Health, Nutrition & Character Education)

Outputs or final products: (Does the club have a final product/project to showcase to community?)

While we won't be showcasing anything to the community due to COVID, we hope to give students the ability to express their emotions and cope with potential stress created from school, friends and family, or the world.

Introducing your Club/Activities:

This club will rotate between full yoga/stretching activities to activities featured around stress relief, such as stress balls, energy releasing games, focused breathing, and journaling.

General Directions:

Students will start by taking a short break to relieve energy, and then have a discussion about possible stressors they are experiencing. We want this club to act as a release for these students, where they are able learn healthy release methods.

Tips/Tricks:

Don't be afraid to switch up the plans if the kids have more/less energy than expected! Go with the flow.

Lesson Plan Worksheet

(copy table as needed)

Lesson Activity Name: Breathing with Bubbles

Length of Activity: 30 minutes

Supplies: Individual bubble mixes, outdoor space

Directions: In this activity, we are focusing on breathing, and controlling our breathing in stressful situations. To do this, we are using bubbles to visualize our breaths, and to practice calm down strategies.

Have the kids spread out in a circle and give each student their own bubble mixture. Then ask the students if they know why taking deep breaths is helpful, explaining that the calming effect can help when we try to relax and calm down. Spend some time walking the students through how to inhale for 4 seconds, hold for 7 seconds, and blow bubbles for 8 seconds, and then discuss when we would use this and how it made us feel.

Conclusion of the activity:

Have the students give times from their lives when they felt like the bubble breathing would have been helpful. Ask if they plan on using it in the future.

Parts of activity that worked:

The kids loved the bubbles! And the deep breathing was something easy for them to work on.

Parts of activity that did not work:

Make sure you have outdoor space away from other students, as everyone seems to want bubbles!

Lesson Plan Worksheet

(copy table as needed)

Lesson Activity Name: Slime-time

Length of Activity: 30-45 minutes (this will take up most of club)

Supplies: Saline solution, glue, baking soda, Ziploc bags, food coloring (optional)

Directions:

Have each student take a Ziploc bag, pour 8 oz of glue into it, then mix in baking soda and saline solution as needed. (This will be an activity that requires a lot

Conclusion of the activity:

Each student had a bag of slime to play with and then take home.

Parts of activity that worked:

The students were focused and cared about each step of the process.

Parts of activity that did not work:

If the slime didn't turn out how they wanted, or they did the recipe wrong, some became unhappy and displeased with the activity.

Lesson Plan Worksheet

(copy table as needed)

Lesson Activity Name: Painting on Pumpkins

Length of Activity: 40 minutes

Supplies: sharpies

Directions:

Have the students choose a small pumpkin and an assortment of sharpie markers to decorate their pumpkin.

Conclusion of the activity:

The students each had a colored pumpkin to take home and place in their home or porch as a halloween decoration

Parts of activity that worked:

We split the students into two groups. Each group had their own table and set of markers. This organizational aspect worked out well.

Parts of activity that did not work:

We did not have every color for every student, so some students were fighting over particular markers.

Lesson Plan Worksheet

(copy table as needed)

Lesson Activity Name: Calm Down Jars

Length of Activity: 40 mins

Supplies: Small plastic jar, glitter paint, warm water

Directions:

Pour warm water into your jar. Then, squirt some glittery paint into the water. You can put a few different colors in if you'd like. Next, close the jar and shake it. The result will be a snow-globe like effect with the glitter floating through the warm water.

Conclusion of the activity:

Each student was able to slow down and get creative with their Calm Down Jars. It was a fun process and each student was able to take home their jar.

Parts of activity that worked:

The students each completed their Calm Down Jar without making too much of a mess. They enjoyed the artistic liberty of choosing whichever amounts and colors they preferred for their jar.

Parts of activity that did not work:

The students argued over a few colors and left some supplies out on the pavement after the activity.

Lesson Plan Worksheet

(copy table as needed)

Lesson Activity Name: Orbeez Stress Balls

Length of Activity: 40 minutes

Supplies: Orbeez, balloons

Directions:

Place orbeez into a balloon one at a time so as to not spill. After the balloon is half full of orbeez, tie it. Then you may squeeze the balloon of orbeez to serve as a stress ball.

Conclusion of the activity:

Each student made a few orbeez stress balls they used to wind down after school, and could take home to use as a de-stresser.

Parts of activity that worked:

There were enough supplies for everyone to make a few. The students were able to get fresh air and wind down after a long day of school.

Parts of activity that did not work:

Many students got too excited and dropped many orbeez during the process. So, we ran out of orbeez eventually. However, most students walked away with a few orbeez stress balls.

Lesson Plan Worksheet

(copy table as needed)

Lesson Activity Name: Paint and Chat

Length of Activity: 45-50 minutes

Supplies: Paint, paintbrushes, paper plates, wooden coasters, water cups, plastic tablecloth

Directions:

Have all of the students circle around the tablecloth and work on painting their wooden coasters. While doing this, talk with the students about how their school year is going, as this will hopefully be done around the time quarter one ends. Explain to them how finding activities, such as painting, can be a helpful coping mechanism to stress, and talk through some other coping mechanisms such as exercising, listening to music, reading, talking to an adult.

Conclusion of the activity:

We cleaned up the area together, and then placed our painted ornaments/coasters out to dry. We then summarized what we learned and talked about.

Parts of activity that worked:

The painting provided for a great time to talk to the students with them listening.

Parts of activity that did not work:

It was messy!! Make sure to leave time for cleanup.

Lesson Plan Worksheet

(copy table as needed)

Lesson Activity Name: Create your own Yoga

Length of Activity: 30 minutes

Supplies: nothing!

Directions:

We have been working on yoga poses for the club (as our warm up activity), but now it is time for the students to make up their own poses. Have each student take turns leading a “mini yoga class” and lead everyone in a few poses.

Conclusion of the activity:

Have the students finish the “class” with some deep breathing and stretching.

Parts of activity that worked:

The students loved being leaders and coming up with their own poses.

Parts of activity that did not work:

Some of the more shy students didn't want to lead, sometimes they need a teacher to go with them!

Lesson Plan Worksheet

(copy table as needed)

Lesson Activity Name: My own Journal

Length of Activity: 30-45 minutes

Supplies: Stapler, paper, construction paper, stickers, markers, crayons, pencils

Directions:

Create booklets of 10-15 sheets of paper wrapped in construction paper. Have the students decorate the cover and practice writing their feelings and reflections in the journal.

Conclusion of the activity:

Explain that journaling is a great way to calm down and relieve stress. Ask the students to try to write in their journals once a day for 1 week. Then check back the next week to see how it is going.

Parts of activity that worked:

The students loved having something to take home! And making the journal their own was fun!

Parts of activity that did not work:

Making sure the students don't just color all over the pages, and leave room for writing.

Lesson Plan Worksheet

(copy table as needed)

Lesson Activity Name: Cloud Dough

Length of Activity: 30-45 minutes

Supplies: Corn starch, lotion

Directions:

Mix ½ a cup lotion with 1 cup cornstarch to make a fun squishy dough

Conclusion of the activity:

Explain how similar to the stress ball, making fun crafts can be a fun way to relieve stress.

Parts of activity that worked:

The kids loved having something to take home and said that making the dough was relaxing.

Parts of activity that did not work:

Don't use food coloring, it will make a mess and stain clothing.

Lesson Plan Worksheet

(copy table as needed)

Lesson Activity Name: Birds of a Feather

Length of Activity: 15-20 mins

Supplies: Art supplies, paper feathers, tape, sharpie

Directions:

After warm up activity, have students separate into groups of four around tables with their art supplies. Hand each student a paper feather and tell them to draw how they are feeling on the paper, then let each kid present their feather after they finished decorating it.

Conclusion of the activity:

Students were able to feel grounded after a long day of school and check in on how they were feeling.

Parts of activity that worked:

The students enjoyed drawing and presenting. They were excited to take their feathers home!

Parts of activity that did not work:

Some students were distracted and weren't able to relax and check in on themselves after their long day; so, they didn't take the exercise seriously.
