## **BANCO DE HERRAMIENTAS AUDIOVISUALES**

EDUCACIÓN INFANTIL • 3 A 6 AÑOS



## TITLE:

# I NEED SOME TIME ALONE

AUDIOVISUAL (>>)



### TOPIC:

Assertiveness.

#### SCHOOL CONTEXT:

Bilinguism, school coexistence.

#### **RECOMMENDED AGE:**

From 5 years old.

#### **SUMMARY:**

The images show different people expressing anger.

THEORETICAL BASIS: Being able to face sudden conflicts is essential for proper social adjustment. At this early age, conflict management is still a developing skill. It is common for children to resort to tantrums. shouting, and fighting when they don't get what they want or feel out of control.

The goal isn't to rush their learning but to progressively introduce simple strategies that limit these explosive behaviours. Teaching such strategies will help them better manage frustration and begin to develop emotional self-regulation.

**PURPOSE:** We start by exploring the importance of using assertive opposition skills through a thinking routine. Once children understand when these are needed, they will learn a couple of expressions to stop conflicts from escalating. In addition, they will recognise the importance of returning to calm when facing problems and practise a method for doing so through focused, slow, deep breathing.

#### **LESSON PLAN**

## Stage 1

This stage uses the thinking routine "I see -I think - I wonder". Write these steps on the board in both English and Spanish. It's a very simple routine and ideal for young learners. First, show the provided images.

## Step 1: "What have you seen?"

Sample answers: "I can see people fighting, they are very angry, a girl is crying and shouting, the red bomb is about to explode."

# Step 2: "What do you think about these pictures?"

Possible ideas: "When we are angry, we shout and cry, we don't know how to speak without shouting, we are disrespectful, we make others feel bad, we also feel bad."

## Step 3: "What do you wonder?"

Questions to help them: "Why are we seeing these pictures? What can we do when we are angry? What do I usually do when I am angry? Do I shout a lot? Do I cry a lot? Why are these people angry?"

**Conclusion:** "When people are angry, they often don't know what to do. They fight, shout and cry instead of talking. What can we do? Let's find out now."

#### Stage 2

Children will learn two expressions to communicate that they are very angry and want to avoid escalating a conflict:

- "I'm angry, I don't want to play."
- "I need some time alone."

Begin by repeating the phrases several times to ensure they are remembered. The teacher then selects volunteers and explains privately that they should pretend to have a conflict with the teacher (e.g., waving arms in anger, pretending to shout or push).

To the rest of the class, explain they will watch a roleplay. When they feel it's time to stop the conflict, they must count down from five and say one of the learned phrases:



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"Five, four, three, two, one, I'm angry, I don't want to play."

OR

"Five, four, three, two, one, I need some time alone."

## Stage 3

Explain that when we are very angry, it is often hard to think. That's why calming down is important. Teach a simple breathing technique:

"When we are angry, we can't think properly and it's very important to make an effort to be calm. To do so, we are going to learn a tip: to breathe deeply."

"Now, close your eyes, breathe in slowly, count to five, and then breathe out."

Repeat three deep breaths and ask them:

"How do you feel now? Do you feel good or nervous?"

"Good and relaxed! So this is what we have to do when we are angry."

