2nd Grade Love Letter Lesson

·How many thoughts we have per day: 55,000.

· Show picture of Pirate, and discuss “pirate” thoughts. I explain that a pirate is someone who steals something, usually something valuable like treasure.   So Mind Pirates are thoughts that steal away your readiness to learn or your ability to feel good in the moment.  When you are thinking many mind pirates, then you are feeling stressed, distracted, unfocused or have upset feelings or emotions. What can we do about it?  We can get your mind pirates to walk the plank!  Here’s how to do it:

**Step One:  Identify the Mind Pirates**

1. Quiet your mind by closing your eyes and taking two long, slow deep breaths.

2. Next, think about a time you were struggling in the classroom, or when you were not feeling good about yourself.  Tell me about it.  What was going on around you?  (Pause)  What were you thinking in that moment? What thoughts bother you in class? At home? What thoughts steal your attention away from your work?  Those are your mind pirate thoughts.

3. Write down those thoughts next to the pirate on the paper.

**Step Two:  Mind Pirates Walk the Plank**

1. Focus on the thoughts you wrote down and turn them around to be treasure thoughts.  Treasure thoughts are thoughts that help you learn, and help you to feel good about yourself as a student.  You have the power to make mind pirates walk the plank as you transform them into treasure thoughts.  For example, the mind pirate “I can’t do this, it is too hard,” can walk the plank and turn into “Even though this is hard, I try my best and take my time.”  Think about what you want to think, feel or do in the classroom and write it down next to the plank.

2. Spend some time writing treasure thoughts for the classroom.  Focus on what you do well,

 what you are good at, what is easy for you. The more treasure thoughts you think, the

 better you feel.

**Step Three:  Watch love letter video and write their own love letter.**