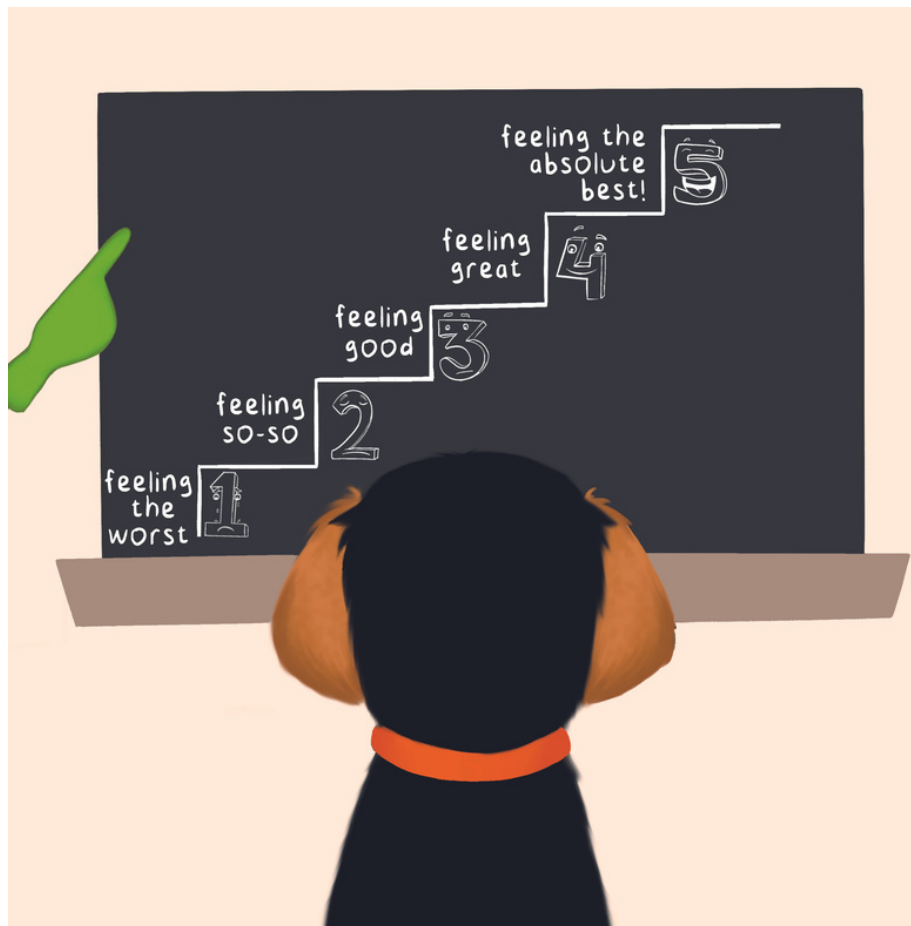


STEP UP

lesson guide

A grownup's guide to supporting children and youth with the Wonder Pup staircase.

(this curriculum is to be used after you have read Step Up, Wonder Pup books)





lesson guide

for teaching the
Wonder Pup Staircase



THE WONDER PUP STAIRCASE

Ask the child to draw a staircase with 5 steps, or use the template on the following pages.

Have students put the numbers 1, 2, 3, 4 and 5 on each step, from bottom to top.

Above the numbers ask the child to draw self-portraits (could be emojis) for what each step represents.

1 - feeling the worst

2- feeling so-so

3 - feeling good

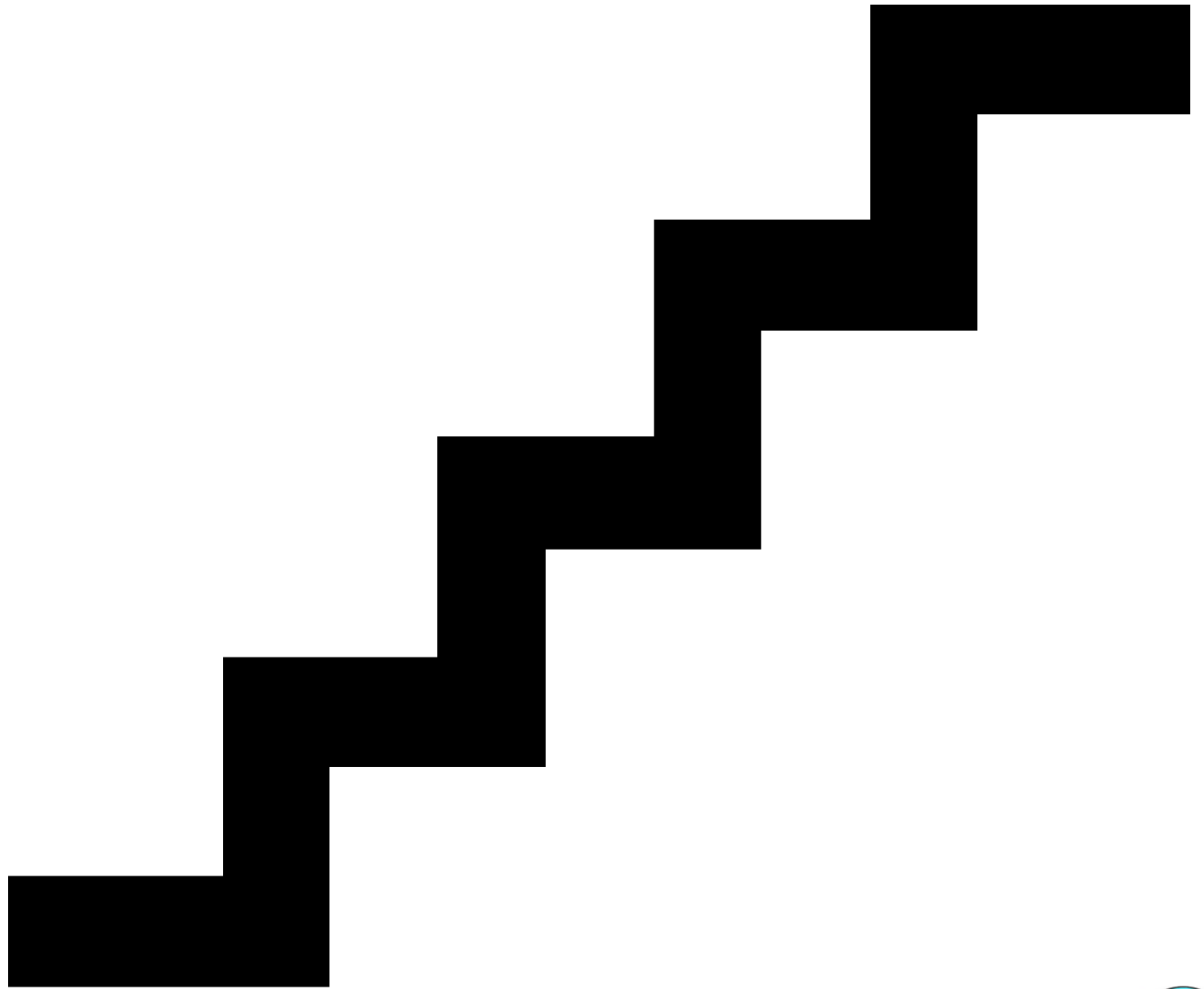
4 - feeling great

5 - feeling the absolute best!

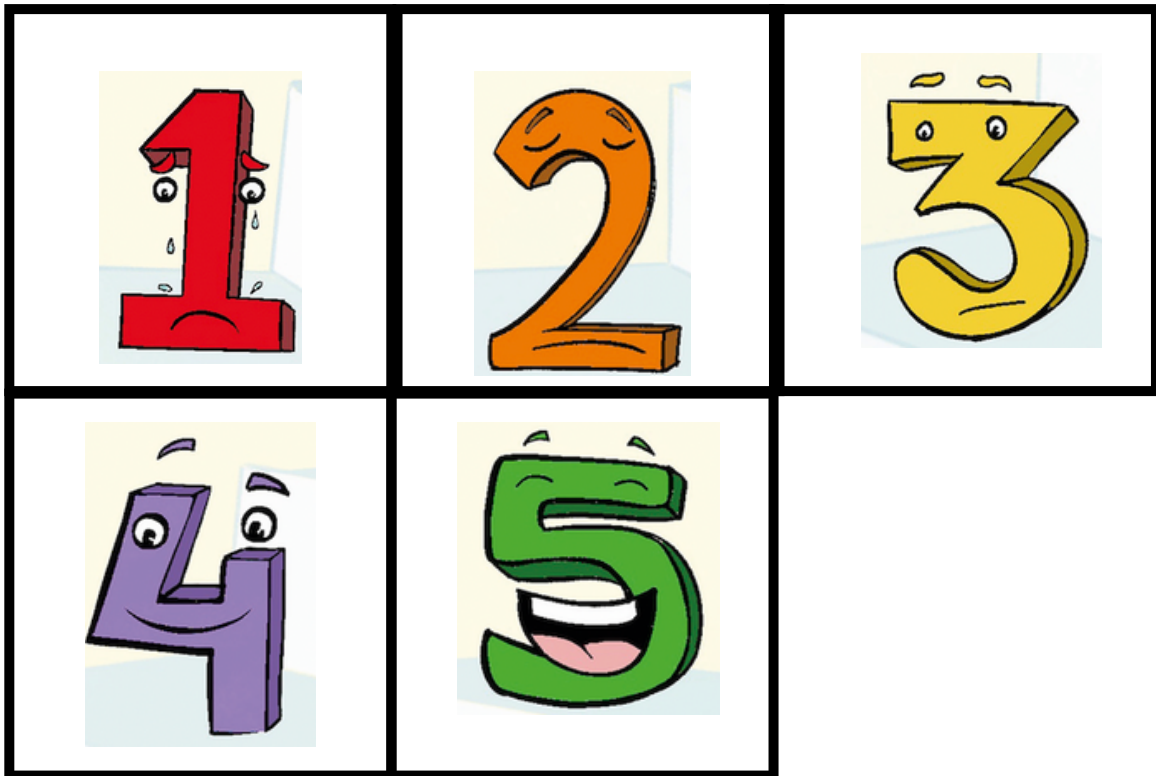
You can use this visual as a check in! Put a bead on a pipe cleaner. Staple the pipe cleaner across the staircase diagonally. The child can move the bead up and down to represent their mood.



Staircase



Cut out these numbers
and place them on the
Wonder Pup Staircase





lesson guide

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Wonder Pup Staircase



TEACHING ABOUT THE BRAIN!

Teach the child about the upstairs brain and downstairs brain.

Upstairs brain: "WISE OWL"

Downstairs brain: "BARKING DOG"

SCRIPT:

"The upstairs part of the brain helps us with thinking, planning ahead, remembering school work. The upstairs part of your brain is like a wise owl that helps us solve problems.

The downstairs part of the brain helps keep us safe. Sometimes when we are scared, or overwhelmed, our downstairs brain takes over. The downstairs brain is like a barking dog that warns us of danger."





lesson guide

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Wonder Pup Staircase



THE WISE OWL AND BARKING DOG

Have the child draw:

- a staircase with 5 steps
- an owl at the top of the stairs
- a barking dog at the bottom of the stairs
- see the next two pages as examples

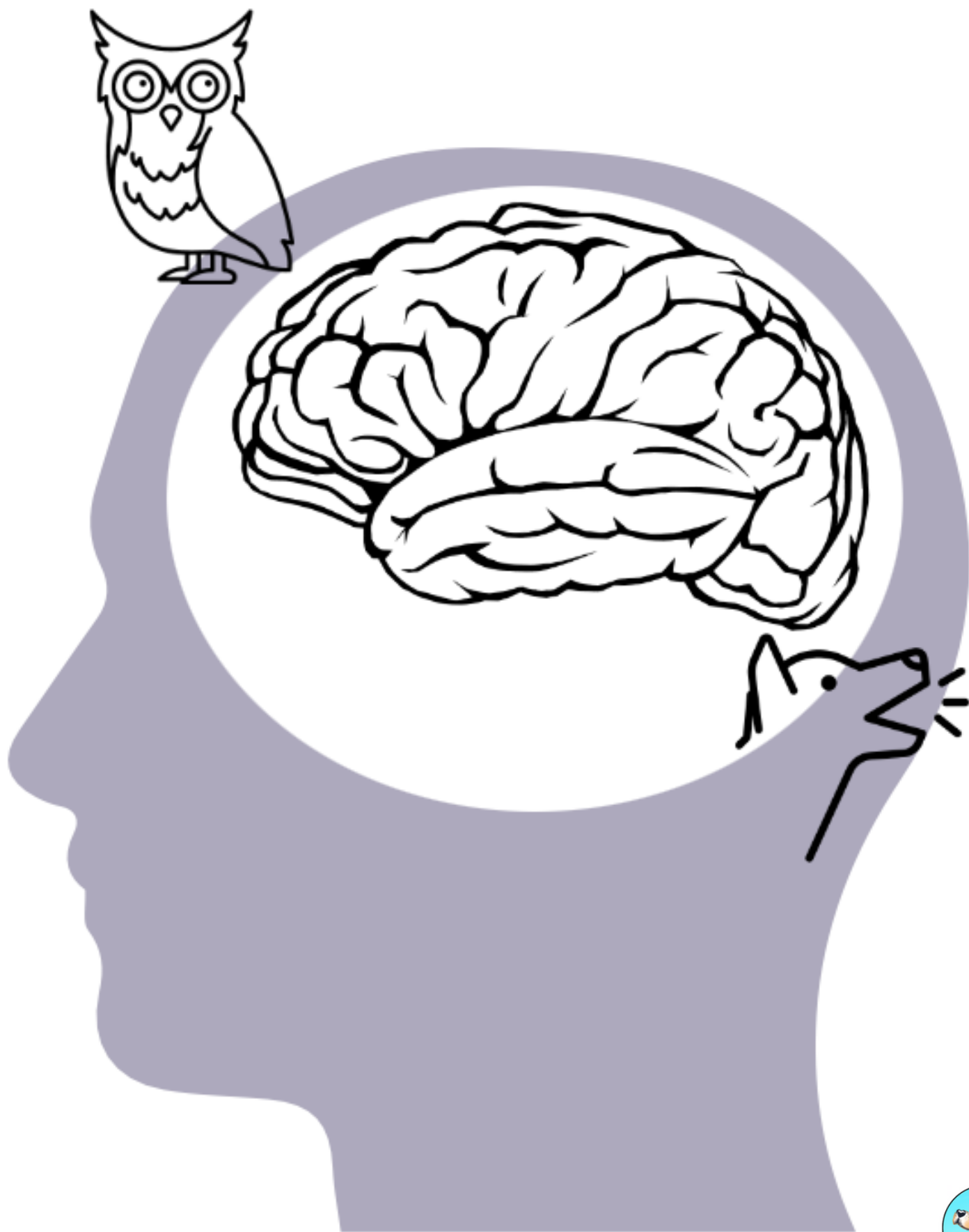
SCRIPT: "Sometimes when the barking dog shows up we want to fight, yell or run away. There are many ways to tame the barking dog so that the wise owl can be around to help us think and make good choices (lesson three will go over 6 strategies). The higher we go up the staircase the closer we are to that wise owl."

Ask the child:

Can we learn if there is a dog barking in our ear?









lesson guide

for teaching the

Wonder Pup Staircase

3 STRATEGIES TO "STEP UP"

Ask: What is a strategy? (reference page 26 in Step Up, Wonder Pup)

Say: There are 6 strategies that Zane says to try! Do you remember any of them? (reference page 25 - you can print the next page as a reference).

Do: You can break down the 6 strategies into 6 different lessons. For each strategy, brainstorm different ways to use that strategy.

For example, strategy 1 is: MOVE YOUR BODY

- "Let's brainstorm different ways we move our body!"
- Write them down and post as a visual for students to reference.
- Practice different ways of moving your body.
- Use the template to draw a picture of that strategy



Strategies to step up the Wonder Pup Staircase:

1.

Move your body.



2.

Slow down your breathing.



3.

Smile or talk to someone.



4.

Hug someone you love.



5.

Laugh, a BIG laugh!



6.

Make something.

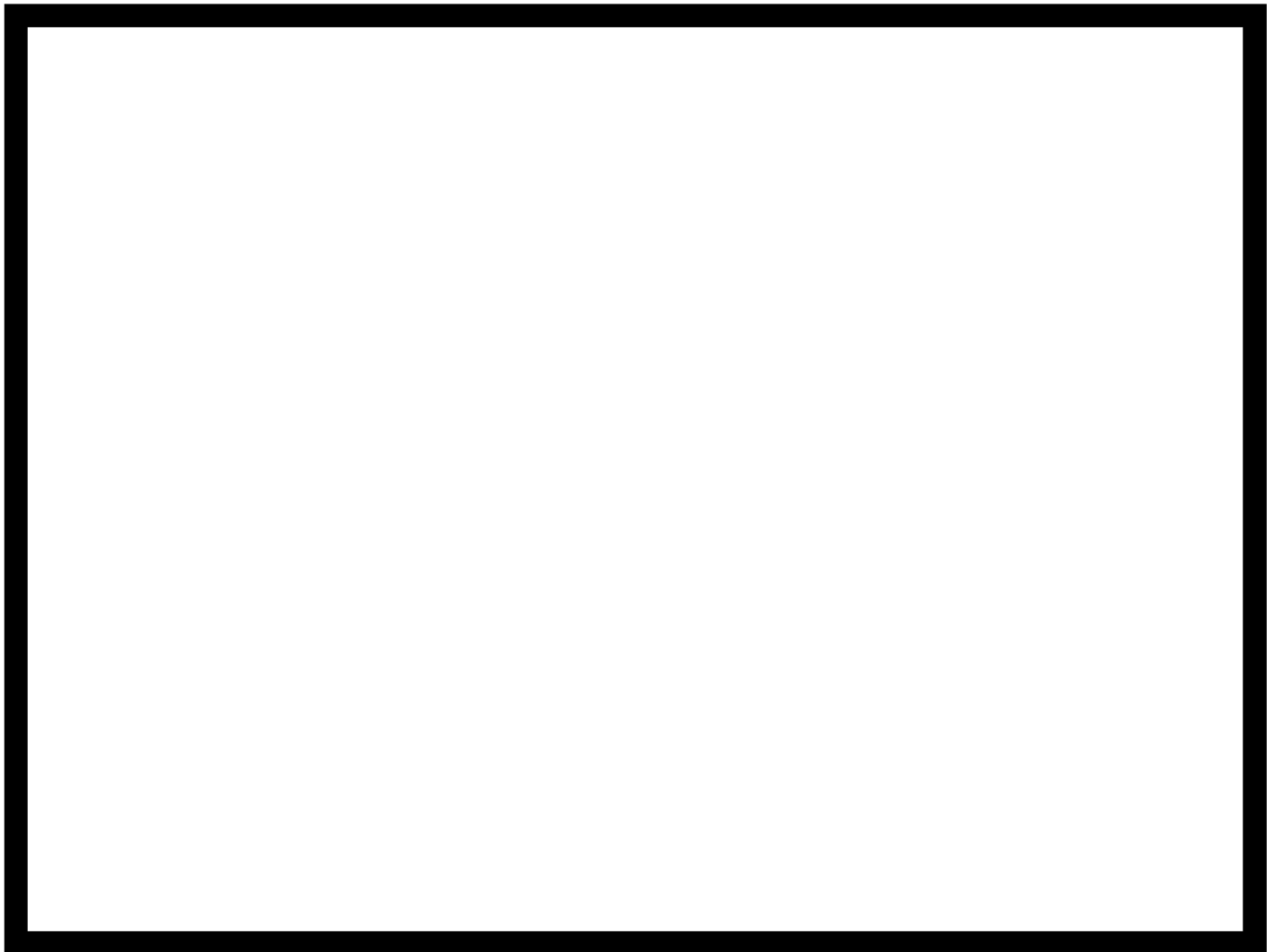


Name: _____

Draw a picture of yourself using this strategy:

1.

Move your body.

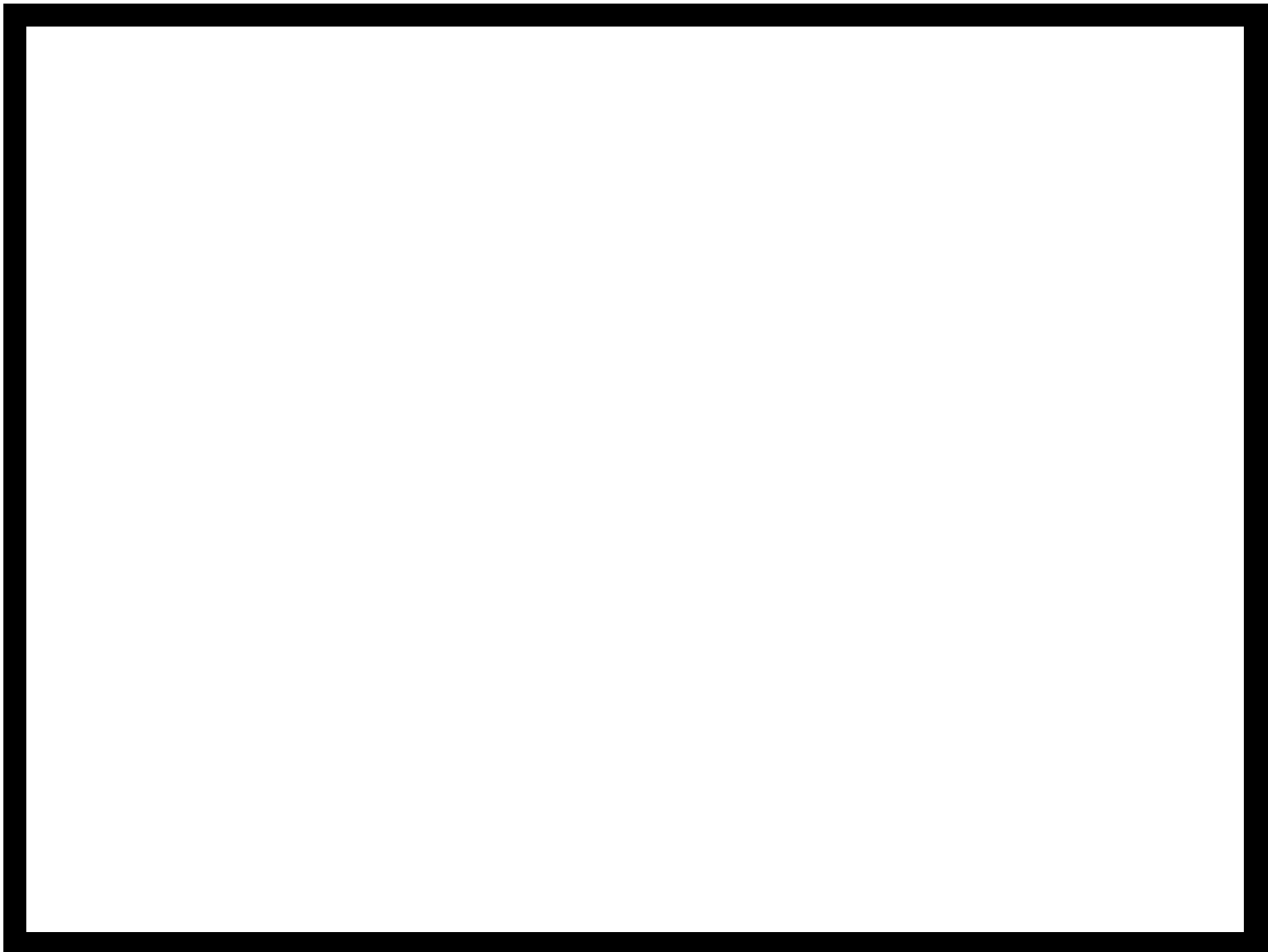


Name: _____

Draw a picture of yourself using this strategy:

2.

Slow down your breathing.

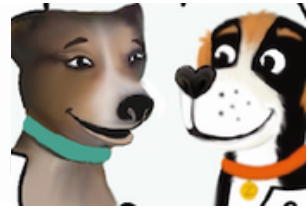


Name: _____

Draw a picture of yourself using this strategy:

3.

Smile or talk to someone.

A large, empty rectangular box with a thick black border, intended for the student to draw a picture of themselves using the strategy described.

Name: _____

Draw a picture of yourself using this strategy:



Hug someone you love.



Name: _____

Draw a picture of yourself using this strategy:

5.

Laugh, a BIG laugh!



Name: _____

Draw a picture of yourself using this strategy:



Make something.

