

Lala Activity – Follow your “KNOWS” - Instinct Walk

Aligns to the following Common Core Standards for K-5

(ELA = English Language Arts)

! **ELA Speaking and Listening** - Standards 1 & 6

Aligns to Social Emotional Learning Outcomes

! **Self Awareness:** Identifying emotions, thoughts and values

! **Self Management:** Self-discipline - Impulse control

! **Social Awareness:** Perspective-taking - Empathy - Respect for others - Diversity

! **Relationship Skills:** Communication - Relationship building

! **Responsible Decision-making:** Identifying problems - Analyzing situations - Solving Problems - Ethical responsibility - Reflecting

OBJECTIVE: To inspire children to respect their instincts and follow their gut. Children will learn to be responsive and respectful to their inner voice as they explore their environment. They will be given the opportunity to critically think of ways they can follow their own instincts while they treat themselves and others with respect.

PREPARATION: Students will meet PAWfessor Lala, they will hear her story of living in the shelter while blind and learning to follow her “Knows” (following her gut instinct and finding people she could trust)

METHOD: After meeting PAWfessor Lala, students will go on a walk around their school neighborhood. They will notice and allow any and all feelings that arise as they encounter life outside of their school campus. They can carry a clip board or journal and document their experiences and their feelings.

How do they feel when a car hurries by at an unsafe speed? How do they feel when a dog barks protectively at their gate? Did they encounter wildlife? Did they smell flowers? A skunk? Did they walk past any strangers? How about someone they are familiar with from the grocery store or local coffee shop? Encourage them to witness, allow, and document any and all feelings that arise.

IMPLEMENTATION:

Post-Walk Writing/Discussion Prompts:

- **Did you encounter a situation where you felt unsafe?**
- **How can you show respect for your feelings?**
- **Did a classmate feel safe or unsafe while you felt the opposite?**
- **How can you respect your own feelings as well as theirs?**
- **Discuss what intuition is and the importance of listening to your inner voice.**
- **Discuss what they can do when a situation feels wrong or unsafe.**

Materials: Outdoors, paper to document events and feelings, clipboards, pencils or pens

Concepts: Developing gut instinct and courage to follow it.

CONCLUSION: Discuss what the children experienced and ways they can be respectful to their gut feelings when they encounter different situations and/or people. Discuss ways they can follow their inner voice. (or as Lala says ways they can follow their “KNOWS”

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