

TIPP

ASCA Standard A: Students will acquire the knowledge, attitudes and interpersonal skills to help them understand and respect self and others.

PS:A1 Acquire Self-knowledge

PS:A1.1 Develop positive attitudes toward self as a unique and worthy person

PS:A1.2 Identify values, attitudes and beliefs

PS:A1.3 Learn the goal-setting process

PS:A1.4 Understand change is a part of growth

ASCA Standard B: Students will make decisions, set goals and take necessary action to achieve goals.

PS:B1.2 Understand consequences of decisions and choices

PS:B1.3 Identify alternative solutions to a problem

PS:B1.4 Develop effective coping skills for dealing with problems

PS:B1.5 Demonstrate when, where and how to seek help for solving problems and making decisions

PS:B1.9 Identify long- and short-term goals

PS:B1.10 Identify alternative ways of achieving goals

PS:B1.11 Use persistence and perseverance in acquiring knowledge and skills

PS:B1.12 Develop an action plan to set and achieve realistic goals

PA Physical Education and Health Standard - 10.1.12.B

Evaluate factors that impact the body systems and apply protective/ preventive strategies.

- fitness level
- environment (e.g., pollutants, available health care)
- health status (e.g., physical, mental, social)
- nutrition

Objective: The students will be able to list the four techniques of TIPP, and how to use them in an intense emotional situation.

Materials: Journals, writing instrument, Mind Over Matter video - TIPP, ice cubes for the class

Procedure:

1. Ask students to think about and write in their journals about an intense emotional experience they recently had. Ask them to write about how they responded to the experience.
2. Tell the students they will be learning about TIPP, an acronym for four techniques to help us cope with overwhelming feelings.
3. Play the Mind Over Matter - TIPP video.
4. Tell students that we will practice each technique so that we can employ these strategies the next time we experience intense emotions to help us cope.
5. Distribute an ice cube to each student. Ask them to hold it in their hands and be mindful of what they are experiencing with the ice cube. If they feel comfortable, ask them to rub

their faces with the ice cube. Alternatively, if the weather outside is cool, take the students on a brief walk.

6. Ask the students to record their experiences with Temperature in their journals.
Answer two questions: How did you feel before the temperature changed? How do you feel now?
7. Ask the students to jog in place, do jumping jacks, or dance without stopping for 5 minutes (you can play music to help pass the time).
8. Ask the students to record their experiences with Intense Exercise in their journals.
Answer two questions: How did you feel before exercise? How do you feel now?
9. When they have completed their entries, ask the students to try this paced breathing exercise:
Breathe in through your nose for 4 seconds and out through your mouth for 6 seconds. Repeat this pattern for 1-2 minutes.
10. Ask the students to record their experiences with Paced Breathing in their journals.
Answer two questions: How did you feel before paced breathing? How do you feel now?
11. Have the students sit comfortably, then ask them to try this Muscle Relaxation technique:
Start with your back and shoulders - tighten those muscles for 5 seconds, then release. Move gradually down the body to arms, torso, thighs, calves, and feet.
12. Ask the students to record their experiences with Paired Muscle Relaxation in their journals.
Answer two questions: How did you feel before the muscle relaxation? How do you feel now?
13. Ask the students to list the steps of TIPP and when they might use these techniques.