



## **Defense Against the Dark Arts Fair**

### ***Background***

Mental and physical health are two of the most important things for kids to know about in today's society. Whether it is bullying or video game addictions, stressors in today's environment are threatening students today. These days, mental and physical health are becoming more important for kids to learn. In this program, students will have the perfect opportunity to learn about the techniques to identify and defend themselves from physical and mental stressors.

### ***Session Description***

Each session will last for approximately 60 minutes, composed of 4 modules: Discipline, Defend, and Decisions (3 D's) followed by a Situation Based Activity for students to apply their understanding from the previous 3 modules. The 3 D's will serve as the introductory portion of the session, within which students will learn techniques to ensure physical and mental self defense. Then, in the last module, students will apply their understandings in real world cases.

### ***Modules***

#### **Discipline**

The first module will teach students how to identify and control their emotions. Students will learn the methods they can use to identify the emotion based on the characteristics that are accompanied with particular feelings. In order to pursue this task, we will build a Mind Map helping students analyze and evaluate the steps by which an emotion can convert into a particular behavior. Then, we will discuss effective, tested methods to control negative emotions from exacerbating into destructive behavior. This lecture based portion of the module will be followed through by an activity similar to charades. In this activity, the students will work in teams to explore methods for advising their peers to identify and self-regulate their emotions.

#### **Defend**

The defense module will cover the basics of martial arts techniques. This portion of the session will commence by revealing the importance of engaging in physical techniques as a last resort of action if required and used only for self-defense. Next, we will explore 10 different techniques that are most commonly used in martial arts for self-defense. We will discuss the situations in which each of these defenses are employed. In the final activity, we will watch about 3 or 4 clips from kid's movies in which they will show some of the top ten techniques. When the clip has ended, students will reflect on which techniques they had seen in the clips, and how they felt about the use of the defense technique.



### Decisions

\_\_\_\_\_ In this module, students will learn about decision making skills that impact their mental health. Students will learn about decision making using the acronym IEWGES: **Identify** the Problem, **Establish** the Decision Criteria, **Weigh** Decision Criteria, **Generate** Alternatives, **Evaluate** Alternatives, and **Select** Best Alternatives. Then, they will engage in an activity requiring them to make decisions eventually leading to a solution for a fictional problem based on a Harry Potter themed activity to defeat Death Eaters.

### Situations

The final module will apply the content from the previous three modules in the real world. We will summarize all of the techniques needed to help students cope with difficult situations physically and emotionally. Next, we will discuss different problems that children might face and how they can overcome those, such as bullying, unconventional family structures, stressed family members, and video game addiction. Finally, for the activity, we will solve 4 real world cases using the knowledge learned during the session.

	<b>Activity</b>	<b>Activity Description</b>
<b>Discipline</b>	Charades	A student volunteer from each group will come up and act out an emotion. The remaining students try to guess the emotion and regulation techniques.
<b>Defend</b>	Guess the Technique!	Students will view a few short clips from kids movies on martial arts defense. In each clip, students will guess which technique was shown and its applicability.
<b>Decisions</b>	STUPEFY!	Students will develop options and choose the best option to resolve a particular conflict. This will be Harry Potter themed.
<b>Situations</b>	What Would You Do?	In this module, I will present students with 4 real world cases, such as bullying, video game addiction, and more. Based on the case, we will explore solutions.

### Necessary Materials

The purpose of Courage in Calm is to spread awareness for physical and mental defense. As a result, we would want to make these sessions as effective as possible by asking the hosts for a few materials, including 2 folding tables, activity room, projector, projector screen, and chairs.

**For More Information Visit: <https://courageincalm.com/>**