TIEMPO TRANQUILO

This Kit Includes...

- Series Overview
- Educational Standards
- Episode Descriptions
- Lessons
- Suggested Activities
- Contact Us

Series Overview

Target Age Group: Children 4-8

Tiempo Tranquilo, meaning “Tranquil Time” in English, is an immersive bilingual mindfulness podcast for children ages 4-8. Each episode will guide young listeners through the big feelings of life through storytelling and guided breathing exercises.

Curriculum Overview

Tiempo Tranquilo teaches children to recognize and name emotions and introduces mindfulness strategies like deep breathing to manage strong emotions in a healthy way.

Educational Standards

Head Start Early Learning Outcomes Framework

Social Emotional

Goal P-SE 6. Child expresses a broad range of emotions and recognizes these emotions in self and others.

Goal P-SE 8. Child manages emotions with increasing independence.

Goal P-SE 9. Child recognizes self as a unique individual having own abilities, characteristics, emotions, and interests.

Goal P-SE 10. Child expresses confidence in own skills and positive feelings about self.



Approaches to Learning

Goal P-ATL 4. Child manages actions, words, and behavior with increasing independence.

Goal P-ATL 9. Child demonstrates flexibility in thinking and behavior.

Texas Essential Knowledge and Skills (TEKS)

Health & Wellness

Additional TEKS available

K(3)(A) Identify their own feelings and emotions.

K(3)(B) Describe and practice calming and self-management strategies.

K(12)(C) Identify personal impulses and emotions with teacher guidance.

2(3)(A) Communicate needs, wants, and emotions in healthy ways.

2(3)(C) Discuss and explain how thoughts and emotions are related.

Podcast Episode Descriptions

Available in English and Spanish

Fear: When Your Heart Beats Fast

Cecelia feels scared after imagining herself in outer space. She shares a heart-calming breathing exercise that brings her back down to earth.

Excitement: The Amusement Park

Cecelia shares her favorite way to burn off excited energy after a trip to the amusement park. Join her in a fun activity called “bubble breathing.”

Anxiety: First Day of School Jitters

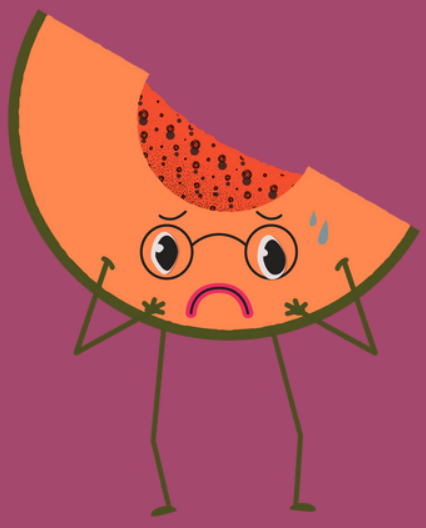
In this episode, we learn what it feels like when we are anxious or nervous. Cecelia tells us how she feels on her first day of school and guides us in a calming exercise called “square breathing.”

Happiness: When Your Heart Sings

Cecelia shares her favorite way to burn off excited energy after a trip to the amusement park. Join her in a fun activity called “bubble breathing.”

Anger: The Lion Inside

Learn a breathing idea that Cecelia uses to cool down and feel in control when she feels upset or angry.



Jealousy: Back off, This is Mine!

In this episode, we learn about jealousy. Cecelia shares an activity that made her feel better after her best friend Sofía didn't invite her over to play.

Self-Worth & Positive Affirmations: I Am Worthy

Cecelia shares how she uses self-affirmations to supercharge her self-worth when she's feeling low.

Disappointment: When You Feel Let Down

It can be upsetting when things don't work out as planned, but Cecelia has an activity for popping those disappointed thoughts out of your mind.

Family Engagement or Classroom Curriculum

This curriculum can be used in classrooms or with families to support social-emotional learning.

Lesson 1 Deck: Exploring Big Emotions

Episode: Anger: The Lion Inside

Episode Description:

Learn a breathing idea that host Cecelia uses to cool down and feel in control when she feels upset or angry.

Workshop Topic: Exploring and regulating big emotions

Learning Goals:

- Guide children in recognizing and naming their emotions.
- Introduce mindfulness strategies like deep breathing to manage strong emotions in a healthy way.

Suggested Activities

- **Craft:** Calming Rock - Decorate your own calming rock with a scene or phrase that promotes mindfulness and serenity.
- **Game:** Emotion Wheel - Spin the emotion wheel to practice emotional recognition and discuss a time when you felt that emotion.
- **Printable:** Affirmation Bracelets - Cut out and decorate your own affirmation bracelets.



Lesson 2 Deck: Supercharge Your Self-Worth

Episode: Self-Worth & Positive Affirmations: I Am Worthy

Episode Description:

Cecelia shares how she uses positive affirmations to supercharge her self-worth when she's feeling low.

Workshop Topic: Building self-worth through positive affirmations and mindful breathing.

Learning Goals:

- Explore the relationship between emotions, thoughts, and what a child thinks about themselves.
- Learn breathing strategies to help calm our bodies and minds.
- Practice positive affirmations to build confidence and self-worth.

Suggested Activities

- **Craft:** Me Masterpiece - Create a collage style self portrait celebrating what you love about yourself.
- **Game:** Affirmation Matching Card Game - Match and discuss positive affirmations in this game.
- **Printable:** Affirmation Bracelets - Cut out and decorate your own affirmation bracelets.

Contact Us

Have questions or want more information?

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