

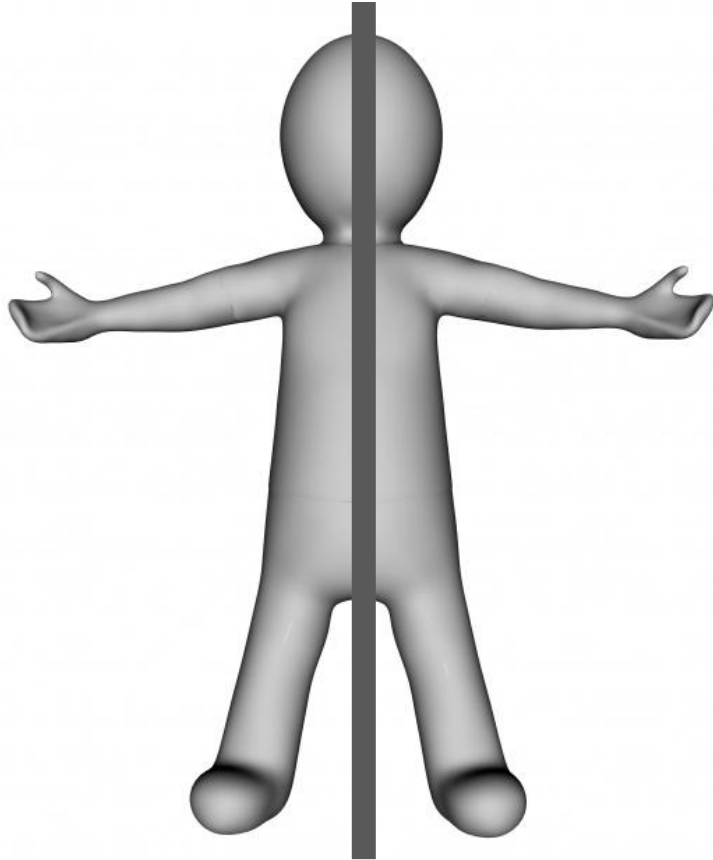
Move2Learn SEAL Lessons: Moving to Feel & Learn Your BEST!



Lesson #5: Make Your Plan

Elementary Version

LET'S REVIEW!



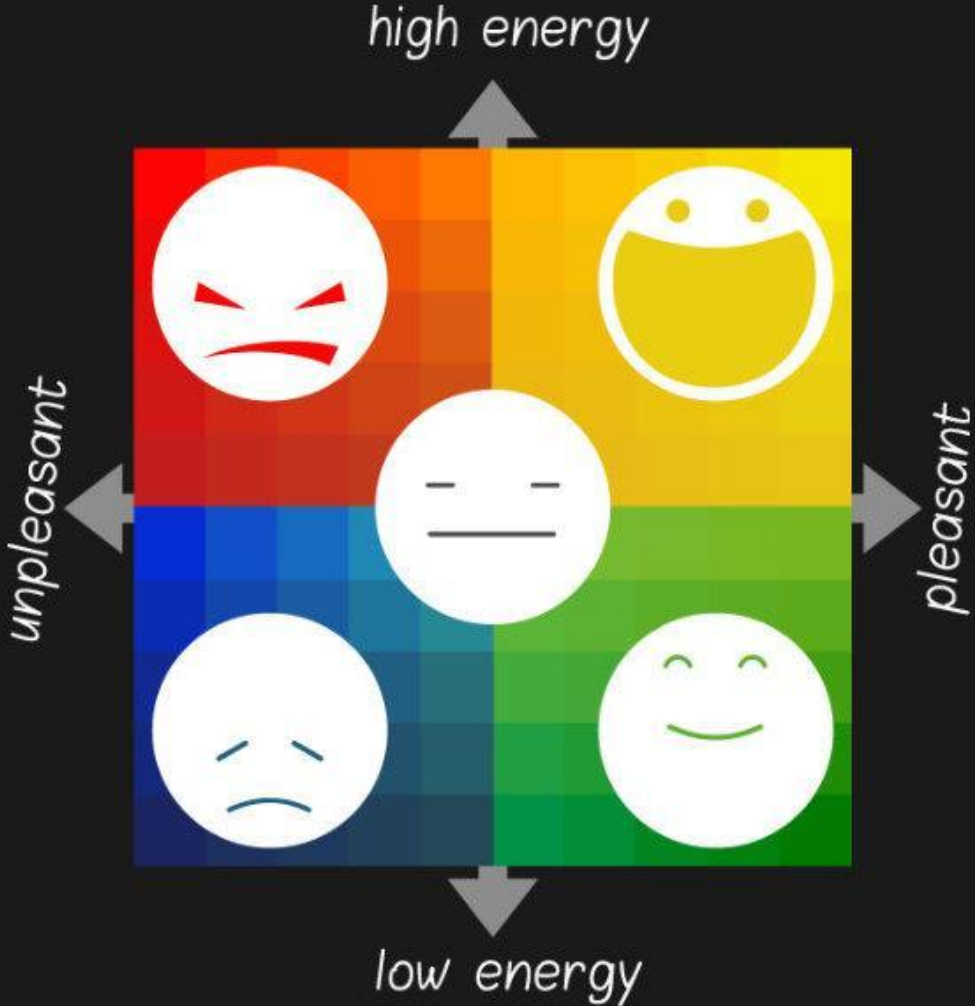
Turn & Talk

- *Where is the midline of your body?*
- *What movements did you practice last time that cross the midline of your body?*

How do you FEEL right now?

“I feel _____,
because _____.”

You don't need to share.



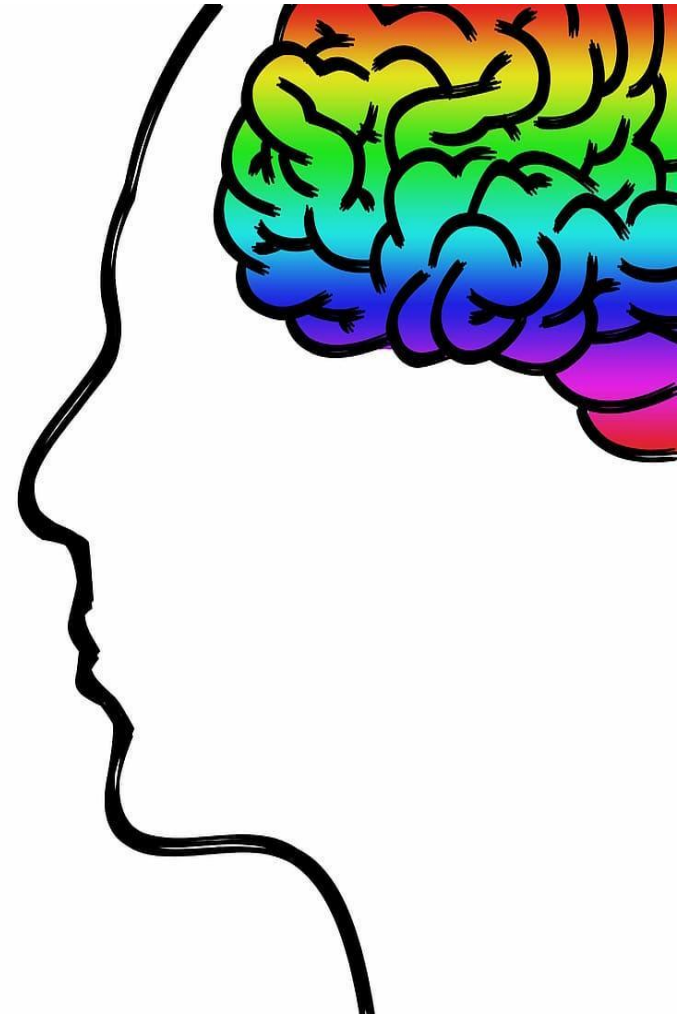
Spotlight on **Vocabulary**

Anxiety

A feeling of worry or nervousness

Fatigue

A feeling of extreme tiredness



Putting it all TOGETHER: MIND + BODY

• What are some feelings that often HOLD you back from learning your BEST?

- Tiredness/**Fatigue**
- **Anxiety**/Nervousness
- Fear
- Anger
- WHAT ELSE CAN YOU THINK OF?



Putting it all TOGETHER: MIND + BODY

- What are some ways you can MOVE your body?
- Walk or ride bike or scooter to school
- Take the stairs
- Jumping jacks
- Stretches/Yoga
- WHAT ELSE CAN YOU THINK OF?



Let's Get
Moving!

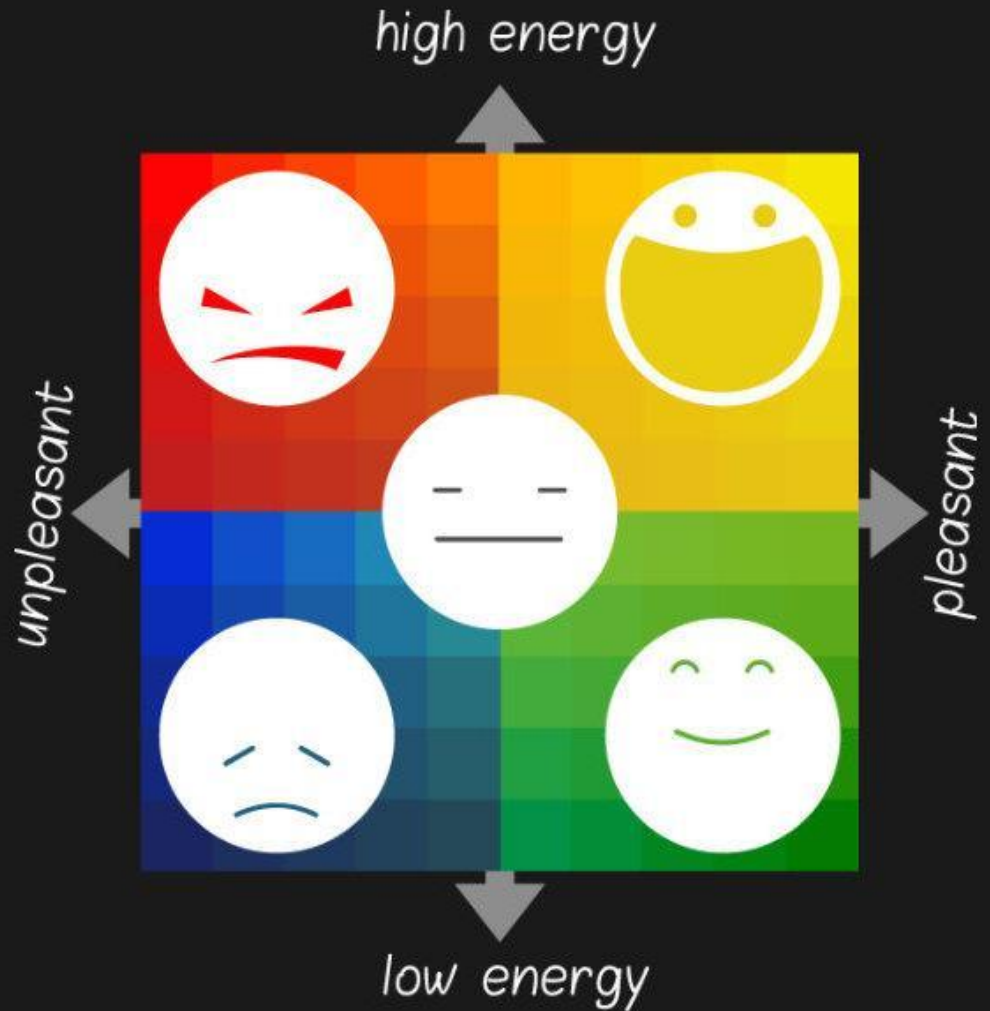


Check out our Brain Boost Videos!

How do you FEEL after moving your body?

“I feel _____,
because _____.”

You don't need to share.



ACTIVITY! A POSITIVE STEP: PLAN OF ACTION



Identify the **FEELING** you struggle with the most at school. **WRITE** or **DRAW** it here!

Name or Draw 5 things you can do to **FEEL BETTER!**

ACTIVITY! A POSITIVE STEP: PLAN OF ACTION



NERVOUS

Identify the **FEELING** you struggle with the most at school. **WRITE** or **DRAW** it here!

RUN

ROW

DEEP BREATHS

Go for a Walk

Listen to Music

Name or Draw 5 things you can do to **FEEL BETTER!**

Make a Connection!

Put your plan into action!

When you are struggling with an emotion, try the ideas you identified to help yourself feel better. Did it work? Why or why not?

Share your plan with a friend or trusted adult!

