

Move2Learn SEAL Lessons

Movement to Feel, Learn & Be Your BEST!



Lesson #7: REACT VS. RESPOND

Secondary Version

Quick Review!



Remember...The Mind & Body are Connected

Worry and Stress = Headache
Nervousness = Upset stomach



The Body & Mind are Connected!

Quick Review!

Moving your body...can help
you feel and learn your
BEST!



Let's Get
Moving!

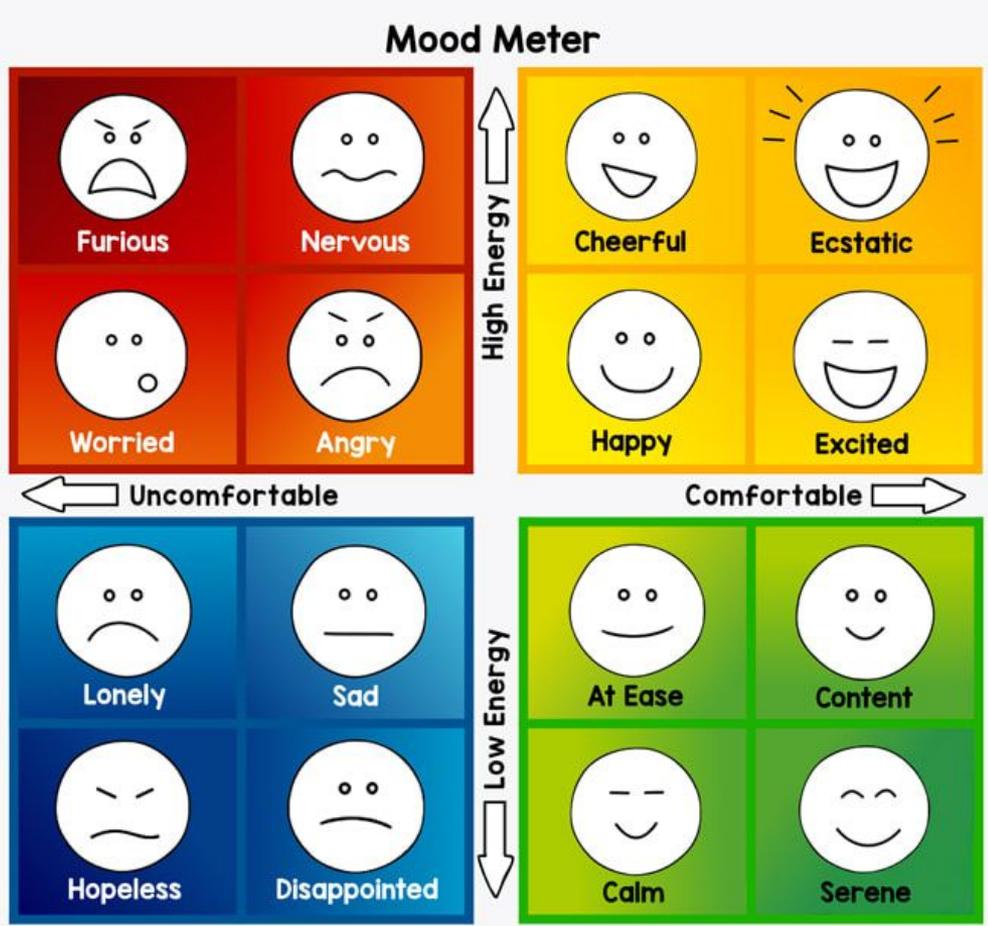


Check out our Brain Boost Videos!

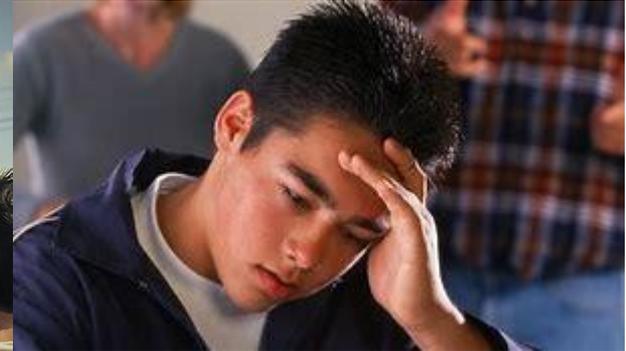
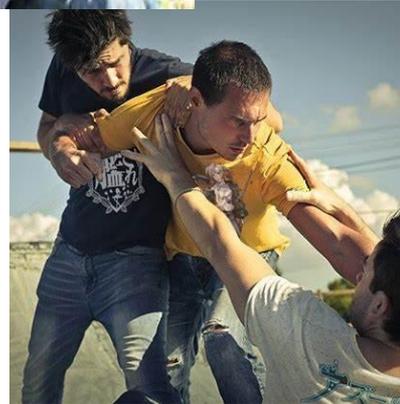
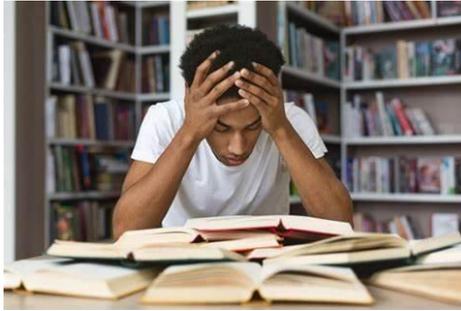
How do you FEEL after moving your body?

“I feel _____,
because _____.”

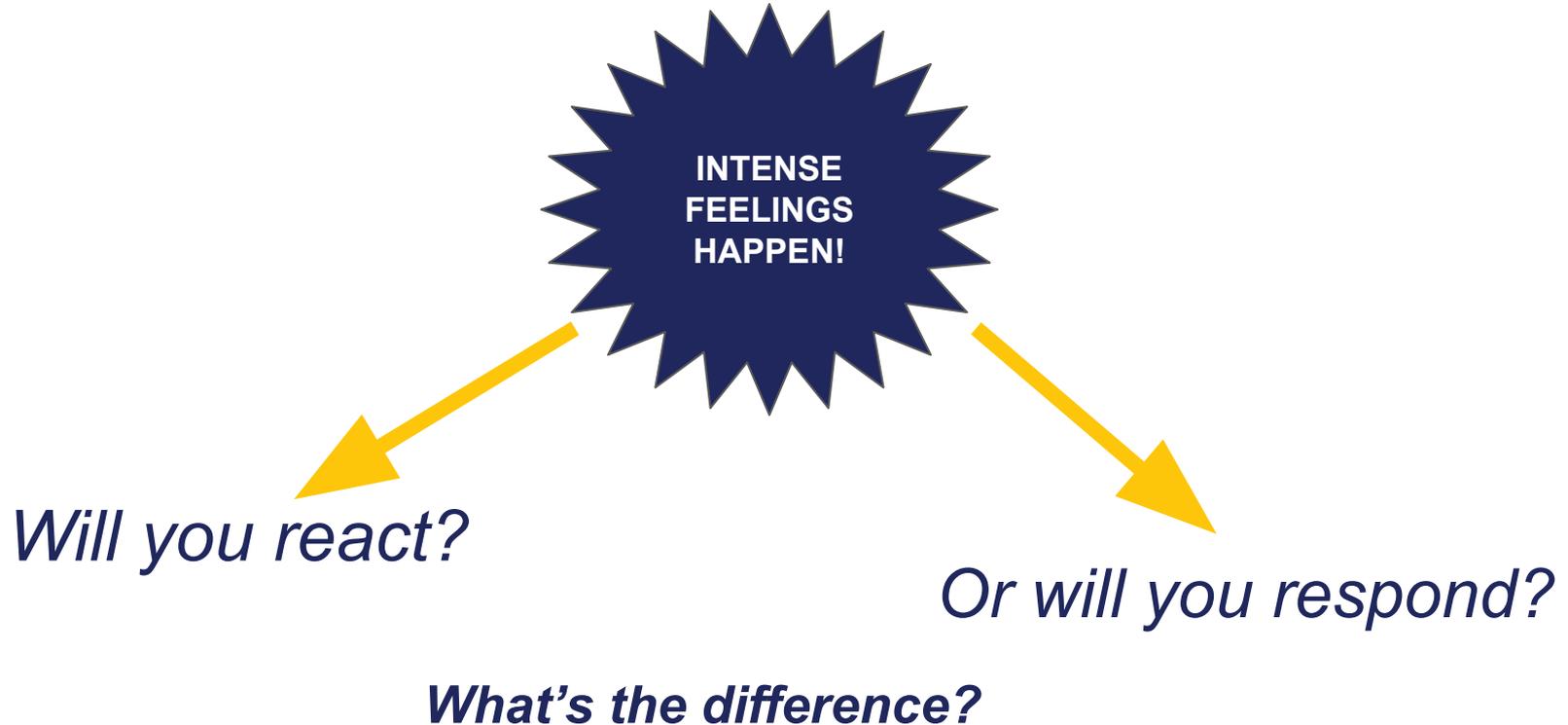
You don't need to share.



What **INTENSE** feelings do you get at school that sometimes get in the way of you learning your **BEST**?



BIG FEELINGS are NORMAL!
It's what you **DO** with them that matters.



What does a **REACTION** to a **INTENSE FEELING** look like?

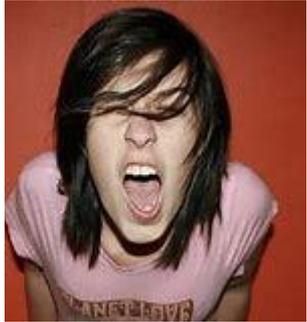
What does it FEEL like?



AGGRESSIVE

QUICK

TENSE



YELLING



FIGHTING

**NO CONCERN FOR
OTHERS' FEELINGS**



What else can you think of?

What does a **RESPONSE** to a **INTENSE FEELING** look like?



Calm

Compromising

Listening

Talking



Negotiating

Thoughtful

Concern for others' feelings



What else can you think of?



INTENSE
FEELINGS
HAPPEN!

Will you react?

Or respond?

A REACTION to an
INTENSE FEELING is...

Aggressive
Quick
Tense
Not thought out
Often regretted
No concern for others

A RESPONSE to an
INTENSE FEELING is...

Calm
Slow
Thoughtful
Intentional
Considerate of others

Make a Connection!

What INTENSE FEELING do you sometimes get at school?

Do you react or respond?

Why does it matter?

