

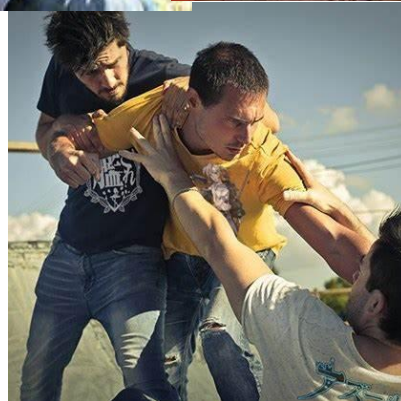
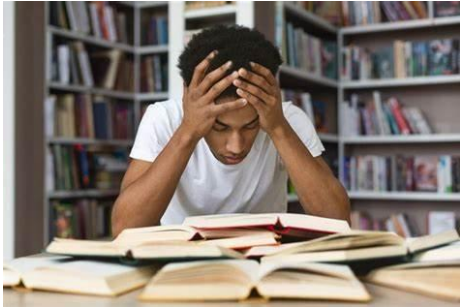
# Move2Learn SEAL Lessons

## Moving to Feel, Learn & Be Your BEST!



**Lesson #8: It starts with a STOP!**  
**Secondary Version**

Everyone has INTENSE feelings at school!  
It's what you DO with them that matters!



# What does it look like to **RESPOND** to an INTENSE FEELING?



**Calm**

**Compromising**

**Listening**

**Talking**



**Thoughtful**

**Concern for others' feelings**



***What else can you think of?***

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



**AGGRESSIVE**

**QUICK**

**TENSE**



**YELLING**



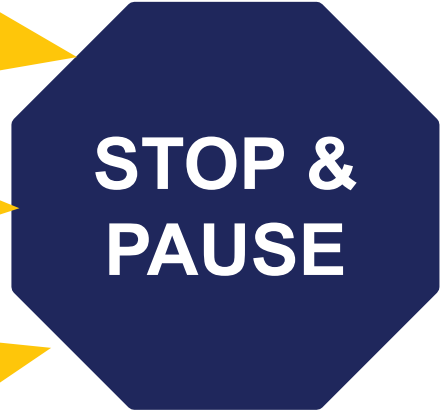
**FIGHTING**

**NO CONCERN FOR  
OTHERS' FEELINGS**



*What else can you think of?*

How do we help ourselves **RESPOND** instead of **REACT**?

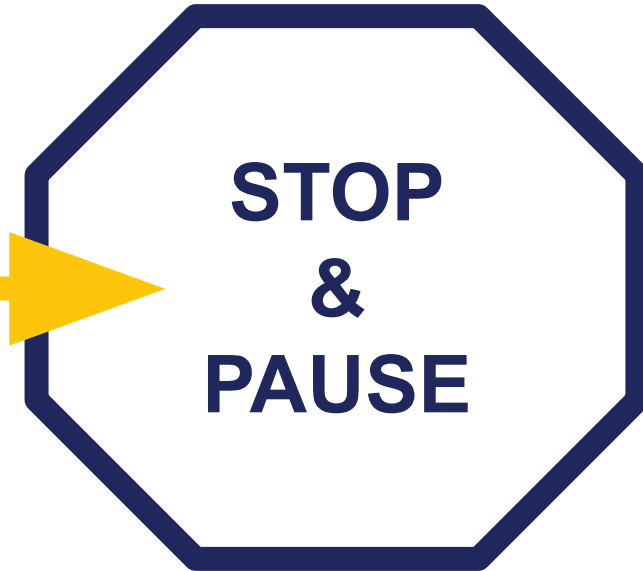


*It starts with a STOP!*

# What happens when we **STOP & PAUSE**?



**REACT!**



We can **RESPOND** to  
**INTENSE** feelings in a  
way that is:



Calm  
Thoughtful  
Intentional  
Slow  
Considerate of Others

# RESPOND

vs.

# REACT



Think of a time when you **REACTED** & **RESPONDED** to an intense feeling.

- How did you feel afterwards?
- How did your reaction make other people feel?
- Was the conflict resolved?

**MOVE**  
**2LEARN**  
POWERED BY RUNNINGBROOKE