

# **Move2Learn SEAL Lessons**

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



# **Lesson #10: Make Your Plan**

## **Elementary Version**

# Let's Review! How do we help ourselves **RESPOND** **POSITIVELY** to BIG FEELINGS?

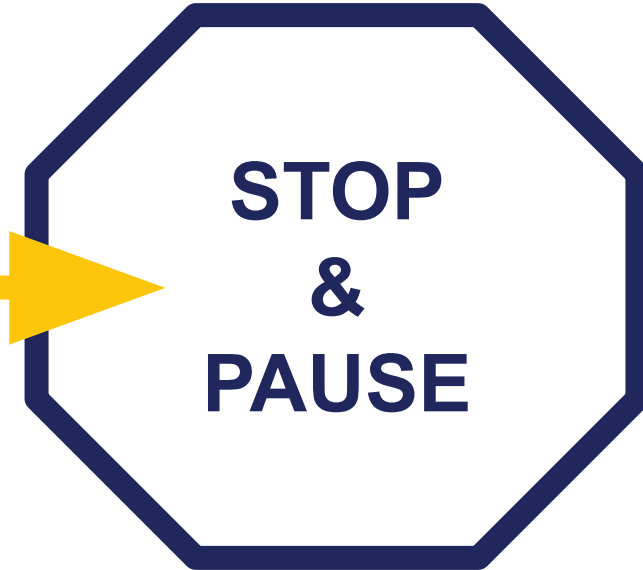


*It starts with a **STOP!***

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



**REACT!**

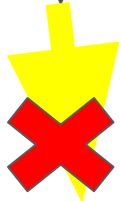


We can **RESPOND** to  
**BIG** feelings in a way  
that is:



Calm  
Thoughtful  
Intentional  
Slow  
Considerate of Others

What can you do when you **STOP & PAUSE**  
to help you respond your best?



**RESPOND**

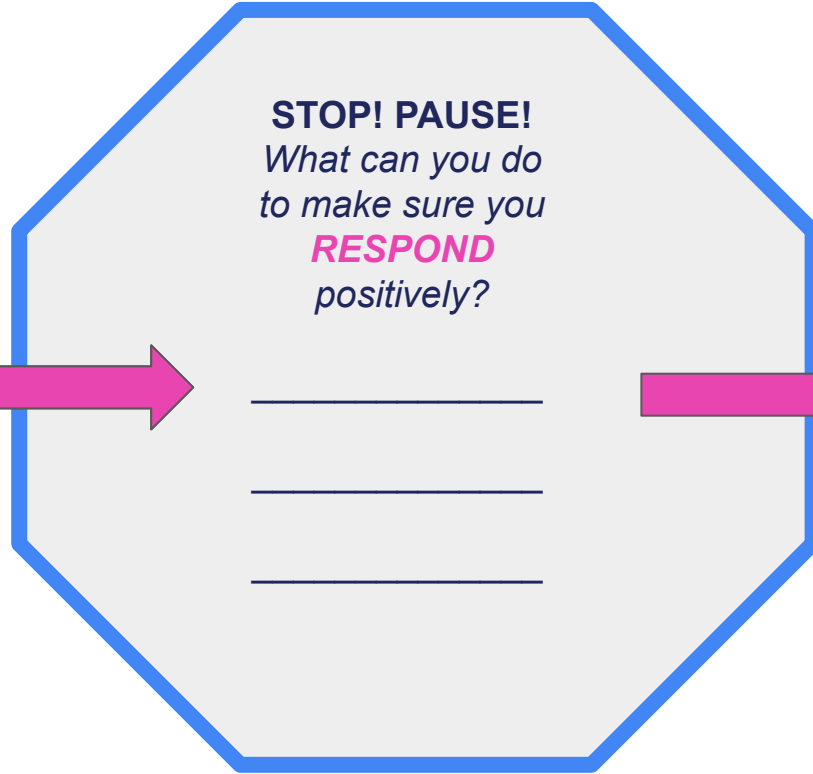
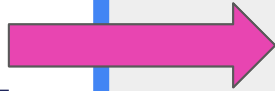
# Make a Plan to STOP & RESPOND!

What BIG feelings do you sometimes have at school?

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## **RESPOND**

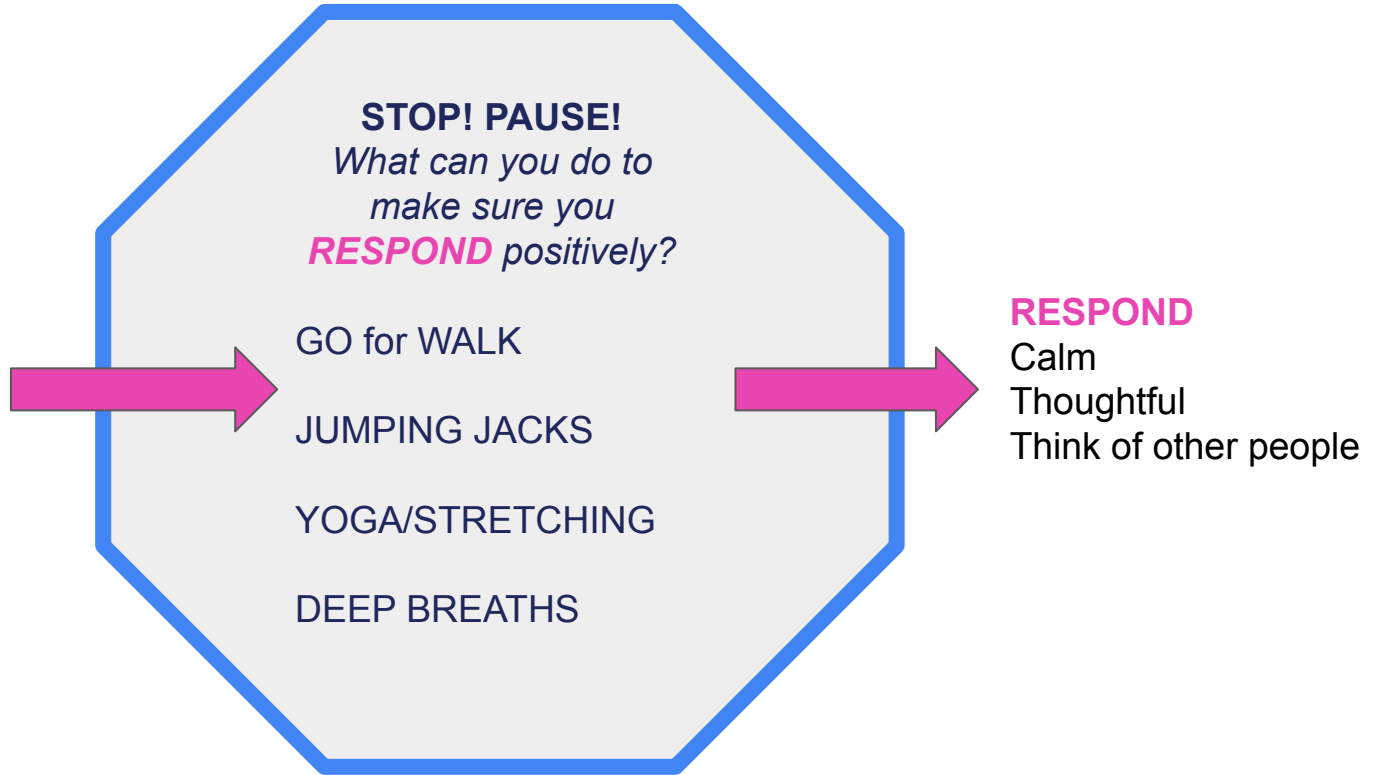
- Calm
- Thoughtful
- Compromise
- Negotiate
- Considerate of others

# Make a Plan to STOP & RESPOND!

What BIG feelings do you sometimes have at school?

ANGER

SADNESS



# Make a Connection!

Put your plan into action!

When you have a BIG FEELING, STOP & PAUSE! What can you DO to make sure you RESPOND YOUR BEST?

Share your plan with a friend or trusted adult!

