



Lesson Thirteen

Cross-Curricular Activities and Resources:

- 1. Science: The Heartbeat Experiment-** Explore how the circulatory and respiratory systems respond to physical activity. Begin with a diagram of the human body (simple and labeled for young learners). After a short burst of movement, ask students to locate where they feel changes (chest, lungs, legs). Pair this with a video or visual on how oxygen travels through the body. Encourage curiosity: “Why does our heart beat faster when we move?”
- 2. Language Arts: Body Clues Journal-** Students complete a short reflective writing prompt: “When I feel _____, my body feels _____.” Offer sentence frames like: When I feel excited, my tummy feels... When I feel nervous, my hands... They can write, draw, or dictate. Optionally, compile a class book titled “Body Clues Detective Guide” for students to revisit when checking in with emotions.
- 3. Physical Education: Emotion Motion Game-** Design a movement game where students respond to emotion-based cues with a matching physical activity. For example: “Show me what excited looks like!” (jumping in place). “How does your body feel when you're frustrated?” (tight fists, then stretching to release). End each round with a calming movement and breath check-in. Reinforce how emotions live in the body and can be released through movement.
- 4. Music: Pulse and Rhythm Detectives-** Invite students to listen to music with varying tempos (fast, slow, medium) and move their bodies accordingly. After each clip, pause and check in: “How does your body feel? Is your heart matching the beat?” Link rhythm and body awareness. Students can clap, stomp, or sway and then reflect on how different sounds affect energy and calmness.
- 5. Art: Sensation Self-Portrait-** Ask students to create a simple outline of their body and use colors, shapes, or lines to show how different emotions feel physically. For example, red zigzags in the stomach might represent nervousness; soft blue swirls on the chest might represent calm. This builds emotional vocabulary and interoception (awareness of internal body cues). Optionally, create a gallery called “What My Body Tells Me.”