



## Lesson Three

### Cross-Curricular Activities and Resources:

- 1. Math: Balloon Count & Compare-** Give each student a balloon and have them do three slow inhales and exhales as if they're inflating it with emotion (no actual blowing). Have them count their breaths and record the number. Then repeat with faster, shallow "worry" breaths. Compare which breathing type made them feel calmer. Have students use tally marks to show how many classmates preferred each type of breath and graph the results.
- 2. Science: How Air Moves Things-** Use a real balloon to demonstrate how air makes things move. Inflate a balloon and let it go to watch it fly. Ask students what happens when it's full, then when the air is released. Relate it to how our emotions build up and need release. Let students test blowing into straws to move cotton balls across a table, showing how air (like breath) moves and creates change.
- 3. Social Studies: Let It Go Timeline-** Help students draw a timeline of a typical school day. On the timeline, have them mark points where they might feel big emotions (like during a test, at recess, or after lunch). Ask them to circle one time they could use "Eagle Flying" or balloon breathing to let go of stress. Discuss why it helps to notice and prepare for those moments.
- 4. Language Arts: Dear Balloon Letter-** Have students write a short letter to their balloon, imagining it holds their big feeling (like worry or frustration). They can describe the feeling and then tell the balloon what they're ready to let go of. End the letter with a sentence like "I feel lighter now because..." Invite a few volunteers to share their letters if they're comfortable.
- 5. Art: Draw and Let Go-** Give students paper and coloring tools. Ask them to draw what it feels like inside when they are holding in a big emotion—using color, lines, or shapes. Then have them flip the paper over and draw what it feels like after they let that emotion go. Discuss what changed in their drawings. Optionally, students can crumple or recycle the "before" side to physically practice letting go.