



Lesson Five

Cross-Curricular Activities and Resources:

- 1. Art: Poster Design Challenge-** Provide materials like poster board, markers, colored pencils, and stickers. Have students design posters that illustrate the WIND acronym and strategies for calming a busy mind. Encourage them to include drawings, slogans, and creative elements that represent calm and self-control. Display the posters around the classroom or hallway to serve as reminders for everyone.
- 2. Music Activity: WIND Song-** Work together as a class to compose a simple song or chant using the WIND acronym. Use body percussion or instruments (like rhythm sticks or drums) to set the beat. Students brainstorm rhyming lines for each WIND step (e.g., “W is for wait, don’t rush your fate”). Record the song and play it as a calming anchor before transitions or challenging tasks.
- 3. Social Studies: Community Helpers & Calm Spaces-** Recognize safe, supportive people and places in the community where students can use the WIND strategy. Discuss with students the different people (e.g., school counselors, teachers, bus drivers, neighbors) and places (e.g., school library, nurse’s office) that help them feel calm and safe. Students will create a “Mindful Map” of their community labeling where they might use the WIND steps. Prompt them to draw paths between “busy” places and “calm” places, showing how they could travel (figuratively or literally) from stress to calm.
- 4. Language Arts: Writing a WIND Story-** Students will write a short story about a time they had a busy mind and used the WIND steps (or imagine a character who does). Start by brainstorming with sentence stems like “First, I felt...,” “Then I paused...,” “I noticed...,” “I decided to...” Model using emotion and sensory words, and have students peer review for each of the WIND steps. This exercise supports sequencing, detail development, and perspective-taking.
- 5. Physical Education: WIND Movement Maze-** Set up stations around the gym or playground for each step of the WIND process. For example: W = Wait: Take five deep breaths while slowly walking in a circle. I = Investigate: Stretch and notice tight or loose muscles. N = Notice: Do a balance activity while describing how you feel. D = Do Something: Choose a calming movement (e.g., yoga pose, light jog, pretend to climb a tree like Tia). Students rotate through stations in order. Discuss how each made their bodies feel.