

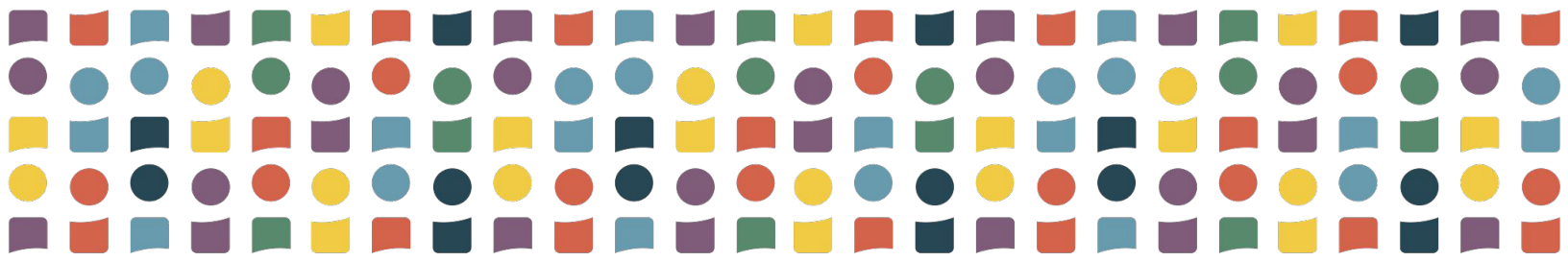
## Summary of Lesson Thirteen

In this lesson, students learned to become “Body Clues Detectives” by noticing how their bodies give them signals—like a fast heartbeat or tight muscles—when they feel different emotions or engage in physical activity. Through story exploration, movement, and guided reflection, students practice tuning in to their bodies to better understand how they feel and what they might need. This lesson helps students connect physical sensations to emotions and use strategies to return to a calm, focused state.

### At Home Practice: Body Clues Hunt

#### Introduction:

1. Detective Warm-Up: “Scan Your Body”
  - Say: “Let’s pretend we’re detectives with a special body scanner. When we turn it on, we’ll look for clues in our bodies that tell us how we feel right now.”
2. Close your eyes (or soften your gaze).
  - Ask your child: “Do you feel tight or loose in your shoulders?”  
“How does your belly feel—calm or fluttery?”  
“What about your hands or feet—are they still or wiggly?”  
Take one deep breath together and say, “Our body just gave us a clue!”



### At Home Practice: Body Clue Hunt

#### 3. Role-Play Round: “What’s the Body Saying?”

- Each person takes a turn acting out a body clue (e.g., pacing, clenched fists, hiding face).
- The others guess:
  - “What might their body be trying to tell us?”
  - “Do they look excited, scared, frustrated, tired?”
- Talk about what someone might need when they feel that way (e.g., a hug, space, deep breaths, water).

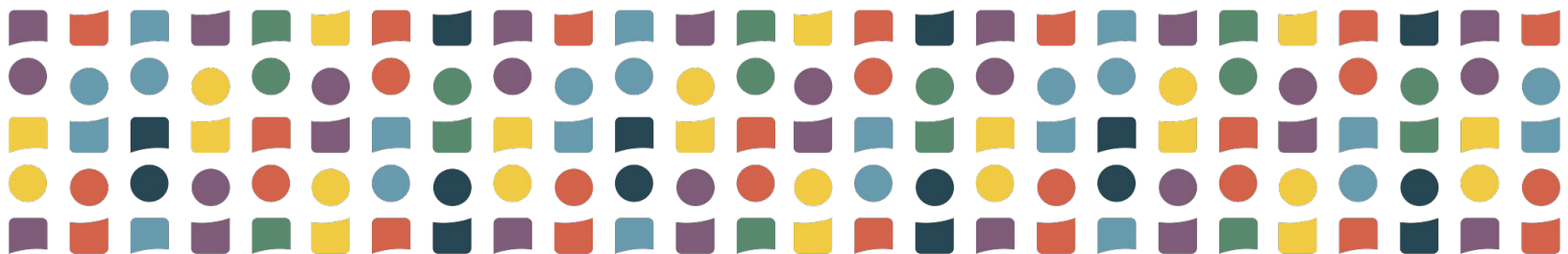
#### 4. Calm It Down Together

- Practice one of these body-friendly calm-down strategies:
  - Rainbow Reach (stretch arms side to side like a rainbow)
  - Hugging Breath (wrap arms around self and breathe slowly)
  - Belly Balloon (hands on belly, feel it rise and fall as you breathe in and out)

### Reflection Prompt (Family Talk Time):

Ask each other:

- “What is one body clue you notice when you're starting to feel upset?”
- “What’s one thing you can do to help your body feel calm again?”



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### Family Note:

By helping your child learn to “listen to their body,” you’re building a lifelong skill of emotional awareness and self-regulation. When kids understand their body clues, they can start to choose helpful strategies—before big feelings take over.