



## Lesson Twelve

In this lesson, students learned that their bodies give them clues—called body sensations—that help them understand how they feel. Through movement, breathing, and storytelling, students explore how emotions can show up in different body parts. They use a traced body outline and sticky notes to map these feelings and practice calming strategies like deep breathing. By listening to their body clues, students discover how to stay safe and calm.

### **At home practice: Surprise Body Check-In!**

Let's turn body awareness into a fun game you can play with your child throughout the day!

1. Set a timer for a surprise time—any time during the day or evening when you're together. *(You can set more than one!)*
2. When the timer goes off, say:  
“Time to check in with your body! What clues is it giving you?”
3. Let your child use one of their Emotion Check-In Options to notice how they feel.
4. Help them record their feeling using this sentence:  
At [time or part of the day], I felt [feeling] in my [body part].  
*(They can write words, draw a picture, or do both!)*

# Emotion Check-In Options

## Five Finger Check-In

Alright, kiddos, it's time for a little emotion check-in! Close your eyes if you're cool with it, and let's see what's going on inside. Feel your body - is it feeling calm like a sleepy kitten or jittery like a bunch of jumping beans? Now, pop those peepers open! Using your fingers, let's rate our stress levels. One finger for "chillin' like a villain" and five fingers for "uh-oh, stress monster alert!" You can share your number or keep it all hush-hush if you prefer. Ready, set, show those digits!

## Mood Forecast

Hey there, little meteorologists! Time to check in on our inner weather report! If your mood were the weather, what would it be? Are you feeling sunny and bright like a clear summer day, or maybe a bit stormy like a thunderous thunderstorm? Take a moment to notice your feelings, then share your mood with us. You can describe it in detail, or just give us a quick snapshot - it's up to you! Let's see what kind of weather we're brewing up inside today!

## Emoji Expressions

Get ready to put on a show with your faces - it's time to play Emoji Expressions! Imagine you're a wacky character in a cartoon - are you feeling like a giggly goofball, a grumpy grouch, or maybe even a zany zebra? Make a funny face in the air to show us how you're feeling today. Whether you're smiling like sunshine or frowning like a grumpy cat, let's see those silly expressions!

## Show Me Your Window

Hey there, adventurers! Imagine your feelings are like a window. Let's check out how wide your window is open today! If your window is wide open, show me by raising your hands up high like you're opening a big, beautiful window to the sky! That means you're feeling super happy, full of energy, and ready to tackle anything! But if your window is starting to close, bring your hands down a bit, like you're slowly closing the window. Maybe you're feeling a little down, sad, or stressed. That's okay, we all have those days. And if your window is completely closed, well, we wouldn't be here, would we? So, let's keep our windows open and ready for adventure!

## Labyrinth of Emotions

Welcome to the labyrinth, where your feelings take flight as delicate butterflies, nimble grasshoppers, soaring eagles, and more! If your mood was a creature in this labyrinth, which one would it be? Feeling light and carefree like a butterfly, or energetic and bouncy like a grasshopper? Maybe you're feeling strong and powerful, like an eagle soaring high above, or perhaps you're feeling calm and observant, like a wise old owl perched on a branch.

Take a moment to think, then share your chosen labyrinth creature. Feel free to act out your creature's movements and sounds - whether it's the flutter of butterfly wings or the hooting of an owl.

## 🍏 Apples and Cores

Hey, kiddos! Time to dish out your daily dose of apples and cores! Think about one awesome thing that happened to you today - that's your apple! Maybe you aced a test, scored a goal, or shared a laugh with a friend. Now, think about one not-so-great thing that happened - that's your core. Maybe you forgot your lunch, got caught in the rain, or missed the bus. Share your apples and cores with us! Let's celebrate the sweet stuff and shake off the not-so-sweet stuff together!

## 🌈🎨 What Color Are You Today?

Hey there, young artists! Let's do a fun mood check with colors! Imagine your mood is like a beautiful rainbow of colors. (Review the colors of the rainbow with your students.) What color do you think best matches how you're feeling right now? And why do you think that color fits your mood? It's all about what colors make you feel the most like you! So, let's get creative and explore our colorful moods together! What color are you feeling today?

## 🐾🐒🐼 Feelings Zoo

Welcome to the zoo, where your emotions come to life as adorable animals! Let's play a wild game of Emotional Animals! If your mood was a critter, which furry (or scaly) friend would it be? Feeling calm and relaxed like a sleepy sloth, or bouncing around with excitement like a playful monkey? Take a moment to think, then share your chosen creature from the zoo! Feel free to show us your best animal impression too - whether it's a hopping kangaroo or a contented cat!

Let's unleash the zoo inside us and have a roaring good time exploring our emotions together!

## ☀️😎❄️ Cool-o-Meter

Time to check your Cool-o-Meter and see if you're as chill as an ice cream sundae or as fiery as a dragon's breath! Imagine you're a hot potato fresh out of the oven - are you just right for snacking (totally ready to learn and feeling fab) or are you so hot you could melt the whole chocolate factory (feeling mad or super stressed)?

Once we've figured out how hot or cool we're feeling, it's time to brainstorm some icy-cool ideas to bring those temps down. Let's make sure everyone's as cool as a cucumber and ready to rock!

## 🌸🌱 Blossoms, Buds, and Brambles

Time to spill the beans on your day with a little game of Blossoms, Buds, and Brambles! First up, let's share your blossom - the absolute best thing that happened to you today! Did you win a game, make someone smile, or learn something new? Next, what's your bud? That's something you're excited about or looking forward to! Maybe it's a playdate, a yummy dinner, or a fun activity tomorrow. Last but not least, spill the thorns or brambles- the not-so-great part of your day. Did you stub your toe, forget your homework, or have a squabble with a friend? Share your blossoms, buds, and brambles with us! Let's sprinkle some sunshine on those buds and shake off those prickly brambles together!

