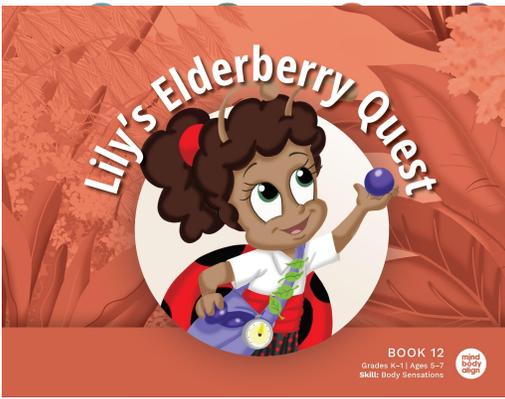


Lesson Twelve



Cross-Curricular Activities and Resources:

- 1. Science: Head, Shoulders, Knees and Feelings** - Have students practice body scans. Students should sit quietly with their eyes closed, then take a few deep breaths. Have them place both arms straight up in the air, palms facing in. Direct them to lower their arms slowly until their palms are next to their ears. At this point, they should pause to identify any sensations in their head. They should continue using their palms to “scan” their bodies, pausing to identify sensations at the neck and shoulders, chest, belly, hips, and knees.
- 2. Art: Body Sensations** - Ask students to draw symbols for each body sensation. Cold hands due to anxiety might be represented by a snowperson, for example, or a racing heart by a horse. Students can also design their own symbols or cartoon characters to represent how they feel.
- 3. Physical Education: Emotion Toss** - Label pails or containers with different body parts, such as head, stomach, muscles, and lungs. Prepare a jar of slips with emotions written on them. Have each student draw a slip, then toss a bean bag (or place an object) in the container where they feel that emotion. This is a great way to remind students that everyone experiences feelings in different places.
- 4. Language Arts: Sensation Stories** - Give pairs of students a card with an emotion written on it, such as happy, angry, silly, or anxious. One student should act out the emotion, and the other student should try to guess what emotion is being acted out.
- 5. Art: Exploring Color and Emotion** - Throughout the day, ask students to check in with their emotions by stating “what color” they feel, and in what part of the body. Students can record their colors and where they are feeling them on a simple outline or stick figure of the human body.