Lesson 2

**EMOTIONAL COORDINATION:** The ability to understand what another person is feeling and act in a way that's helpful and supportive.

*Mr. Johnson demonstrated emotional coordination when he helped Jonah feel better after his fish died.*

**Red Star Fish, Blue Fish:** [YouTube]

The object is for students to complete the correct movement when a red star fish or blue fish is called.

- Play music. When the music is on do jumping jacks. When music stops, teacher calls Red Star Fish or Blue Fish.
  - Red Star Fish=10 star-jumps
  - Blue Fish=5 tuck-jumps

Restart music and continue.

Lesson 2

**HEALTH:** Free from sickness & injury. Physical, mental, and social well-being.

*Physical activity and nutritious foods help to protect our health.*

**Nutrition Fortune Tellers:** [YouTube]

Let's learn about nutrition using fun Nutrition Fortune Tellers.

(Get More Fortune Tellers Here)

Start by picking the number that matches the picture of a super food. Open and close the fortune teller while counting to that number. Next, choose the name of the food on the inside of the fortune teller. Open and close while spelling the name of the fruit. Next, open the flap, read the fun fact and complete the activity.