Lesson 4

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.

Foot Fire: [YouTube]
We're jogging over a hot stove. When the temperature is low, we can jog in place slowly. When the temperature gets warmer, we'll jog in place faster. When the temperature is on Foot Fire, we'll sprint in place as fast as we can.

The leader will call out the temperature (cooler, warmer, foot fire). The class will follow the leader's instructions.

Lesson 4

IMPROVE: To become better.

Finn worked to improve his coordination so he could easily do perfect jumping jacks.

Fun Fruit BINGO: [YouTube]
Let's play Fun Fruit BINGO!

(Get BINGO Cards Here)

When the teacher picks a fruit card, mark that fruit on your BINGO card – if you can find it.

Before each card is drawn, we'll work on our coordination by doing 5 jumping jacks.

If you mark all of the fruit in one row (side-to-side), column (up-and-down), or diagonal, call out “BINGO!”