Lesson 6

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.*

Mirror, Mirror: [YouTube]

Teacher starts as the leader. Students mirror teacher’s movements. Next, students face a partner (6’+ apart). One partner leads and the other mirrors. The leader makes safe movements. The mirror follows along.

NOTE: If playing via video meet, the teacher starts as the leader, the students mirror. Freeze the game and assign a student as the leader.

Lesson 6

PHYSICAL COORDINATION: The ability to move different parts of the body together for a purpose or task.

*Jumping jacks help us improve physical coordination because we have to move our legs and arms at the same time.*

Balloon Bop Level 3: [YouTube]

Keep the balloon in the air! This time, you can’t use your hands, elbows, or any other body parts. You can only use a plastic spatula or wooden spoon. *(Or any other safe paddle-type object.)*

Count the number of bops you get, or you can have someone time you. If the balloon hits the ground, pick it up and keep practicing. Practice for at least 5 minutes every day for 5 days. Have fun!!!

Lesson 6

MOTIVATION: A reason to do something. The desire to reach a goal.

*Olaf’s motivation for staying active with his family was the enjoyment he received from the fun they had together.*

Student / Teacher Choice: [YouTube]

Choose any activity from this module. Focus on fun! This activity is your reward for working to complete all of the challenges over the past 6 weeks!