MIDDLE & HIGH SCHOOL LESSON 1

MINDFULNESS: A feeling created when a person calmly focuses on the present moment and surroundings.

The class practices mindfulness as a way to relax and focus on learning.

High-5 Breathing: [YouTube]
We’re going to use the Animal Alphabet Cards to play a jumping game. Each card gives 2 animals choices. While the music plays for 30 seconds, jump in your personal space. Stay in your 6-foot personal bubble. When the music stops, pick another animal from the next card. It’s okay to change your mind during the 30 seconds and jump like the other animal.

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ENJOYMENT: A positive feeling caused by doing or experiencing something you like.

We enjoy physical activity and it helps to protect our health.

RPS Victory Chegg: [YouTube]
The object of the game is to win Rock, Paper, Scissors, and “grow” from an egg, to a chick, to a chicken. Partners squat down into tucked “egg” position. Play RPS. The winner becomes a baby chick and raises into a squat position. The other player stays an egg. Play again, if the “baby chick” wins they become a chicken and win the game. If they lose, they return to “egg” position & the other player grows.