Grade K-2 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.

Balance & Breathe I: [YouTube]

Let's use our Speed Stacks cups to help us practice mindful breathing (If you don’t have a Speed Stacks cup, you can use any small safe object).

Hold your hand out flat in front of you, parallel with the ground. Balance 1 cup in the palm of your hand. Take 5 equal breaths (inhale 4 count, exhale 4 count). As you breathe, focus on balancing the cup.

Need a challenge?! Balance 1 cup in each hand.

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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.

Red Light, Green Light: [YouTube]

The object of the game is to move during green lights and stop on red lights. Score a point every time you stop immediately on a red light.

Teacher starts as the leader. Call Green Light and students jog in place. Call RED LIGHT and students must freeze. Everyone who froze immediately gets 1 point. Keep track of your own points.