

Whole Child Lesson for Elementary School

Topic: Ethical Responsibility

Let's Breathe

This week we practiced imagery. We learned it takes patience, focus, discipline, and, most importantly, PRACTICE!

Yesterday, we learned how to focus on breathing. Today, we will focus on listening.

First, on a scale of 1-10, how are you feeling right now?

[Click here](#)



Now, on a scale of 1-10, how are you feeling now? **Think:** When and where would this calming technique be helpful?

Let's Learn

Think about the expectations at your school. We are Safe. Respectful. Responsible. These are a big part of who we are and what makes us good student, friends, workers, family members, and community members.

Right now, we all have a responsibility to the world to stay home. Just because we can't leave, doesn't mean we can't enjoy places around the world. We just have to be creative!

Check out [Google Earth](#)! Simply type in anywhere you want to go, and you'll be ready to safely explore in seconds!



What about [Disneyland](#)? Check out any of their virtual rides for free from your couch!.



Let's Move

Staying active is important. Just because we're stuck at home, doesn't mean that we can't keep moving. This week we've focus on animal walks that you can do inside or outside. Today, we'll combine our animal movements with music for a fun animal exercise brain break!

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Let's Grow

Staying indoors as much as possible can be very difficult. How are you finding ways to enjoy your time at home? What new things have you tried/learned? How have you stayed connected to those you care about?

Now, write about how you and/or your family have benefited from being creative while staying home. What is one new thing you can do to enjoy being at home and staying connected with the world and others?

