

# Whole Child Lesson for Elementary School

## Topic: Identifying Emotions

### Let's Breathe

Sometimes we can practice mindfulness by moving our bodies. First, on a scale of 1-10 how relaxed do you feel right now? Click on the video below and give it a try. After the video think about how relaxed you feel. Any change?



### Let's Learn

Identifying your emotions is the first step to managing them.

Recognizing the physical signs associated with different feelings will help you manage your emotions before they get too big.

People who are good at identifying and managing their emotions feel better about themselves and have more successful friendships.

Did you know that our emotions are like a chameleon?

Check out today's **Let's Grow MadLib** activity to find out how!



### Let's Move

Time to wiggle and shake! Hop up, click below and let's MOVE!



Let's do another:

<https://family.gonoodle.com/activities/hicken-dance>

### Let's Grow

Why Do Chameleons Change Color?

vibrant moods	predators lizards	green camouflage
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You may already know that chameleons are \_\_\_\_\_ that can change their color. But have you ever wondered why?

Many people think chameleons change colors to hide from \_\_\_\_\_. However, chameleons are pretty fast, so they

can get away easily. This means \_\_\_\_\_ is not the main reason that chameleons change their color.

So why do they change their color then? Scientists believe that chameleons change color to reflect their \_\_\_\_\_. This sends social signals to other chameleons.<sup>1</sup> For example, \_\_\_\_\_ colors usually mean a chameleon is excited. They are often \_\_\_\_\_ when they are at rest.

**Think:** How do you **show** your emotions to others? Ask a friend or family member and compare ways you are similar and different.