

Whole Child Lesson for Elementary School

Topic: Analyzing Situations

Let's Breathe

Breathing can help us make healthy decisions. Try the traffic light technique for making good choices. Stop - Breathe - Choose!

We have lots of choices to make every day - how can we make things better for ourselves and others?



Let's Learn

Everyday we are faced with having to make decisions. Every decision we make has an outcome. Stop and Think is a strategy we use in and out of school that help us to think about the outcomes of our decisions.



Check out this remote control activity that will help you fast forward time to think about the consequences of our actions.

Let's Move

Let's get silly with The Great Big Moose song and dance!



How about one more video? Try this:

<https://family.gonoodle.com/activities/milkshake>

Let's Grow

Write about a time that you made a decision that had a negative consequence. How did the consequence make you feel? Were you able to make a new decision that changed the consequence for the better?

