

Whole Child Lesson for Elementary School

Topic: Communication

Let's Breathe

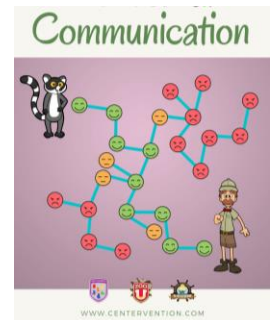
For today's breathing activity, let's practice relaxing while growing our gratitude! When we focus being thankful, it feels magical inside of us.



Let's Learn

Good communication is important to getting along well with others but can be difficult because it requires us to use our best listening skills, understand facial expressions and body language.

Test how well you can read people's facial expressions and body language with one of these fun feeling mazes!



Let's Move

It's time to DANCE! Join the Kidz Bop kids and follow along to some of their favorite dances. Here we go!



Let's Grow

	What activities might you be doing if you're having this feeling?	What facial expressions do you have?	What is your body language?
Happy			
Sad			
Angry			
Tired			
Scared			