



Social Emotional Virtual Learning

2nd Grade Mindfulness

Lesson #4

April 16, 2020



2nd Grade Social Emotional April 14, 2020

Learning Target:

Students will manage their feelings through learning how to name their feelings and be mindful.

Background:

Follow up on feelings

Being mindful of our feelings.





Let's Get Started:

How are you feeling today?

Use the feelings chart on the next page to help identify your feelings.

@journey-to-wellness-



ANGRY



BORED



CONFUSED



CURIOUS



DISAPPOINTED



EMBARRASSED



EXCITED



GRUMPY



HAPPY



WORRIED



PROUD



SAD



SCARED



SHY



SILLY



SURPRISED



PEACEFUL



STRESSED OUT



BRAVE



FOCUSED



DISTRACTED



HOPEFUL



LONELY



OVERWHELMED



TIRED

Let's Play a Feelings Game!

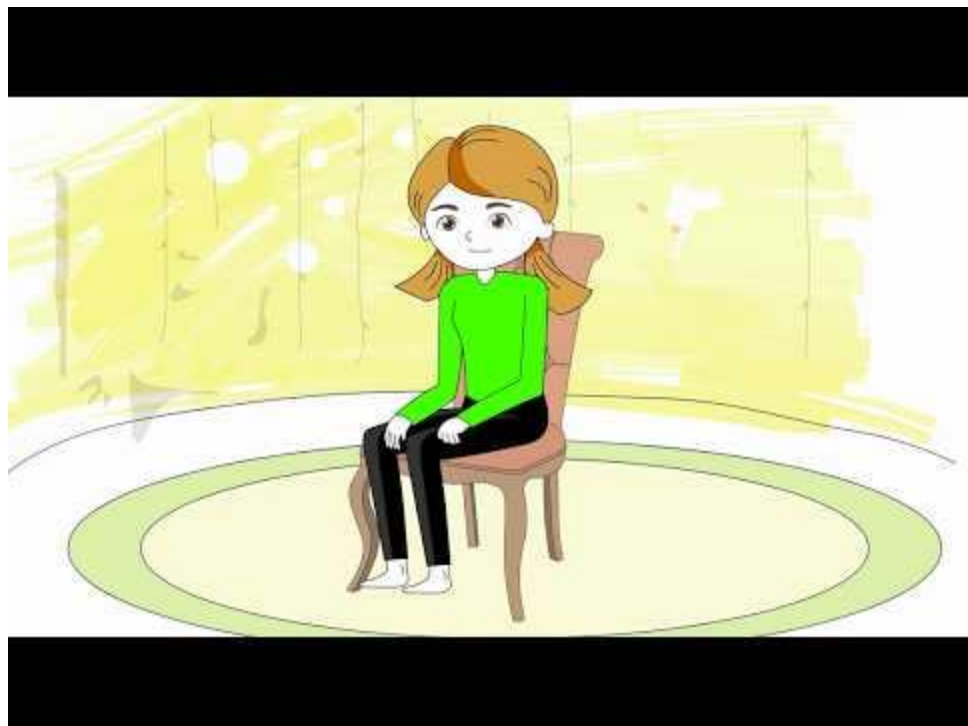


Remember

**if we do mindful
activities, it helps us
manage our feelings.**

Mindful Activities:

Try one or try all





Do some or do all

Watch Video:



Activity 2

Take a mindful nature walk. Move at your child's speed, which, of course, can vary from sprinting like a cheetah to slugging along at a snail's pace. Bring your sense of curiosity and adventure and allow your child to lead the way.



Self Check:

Share the mindfulness activities with someone you live with.

1. Will you try a mindfulness activity
 - yes,
 - No thanks
2. If you tried one of the mindfulness activities how was your mind and body feeling after the activity?
3. Challenge: Practice one mindful activity each day!

