



**Social Emotional Virtual Learning**

**2nd Grade Mindfulness**

**Lesson #3**

**April 15, 2020**



## 2nd Grade Social Emotional April 13, 2020

### **Learning Target:**

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

# Background: New Lesson

Being mindful of our feelings.



# Let's Get Started: The Feelings Song



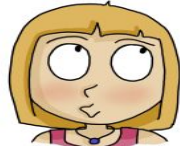
**How are you feeling  
today?**

**Do you have more than  
one feeling today?**

@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

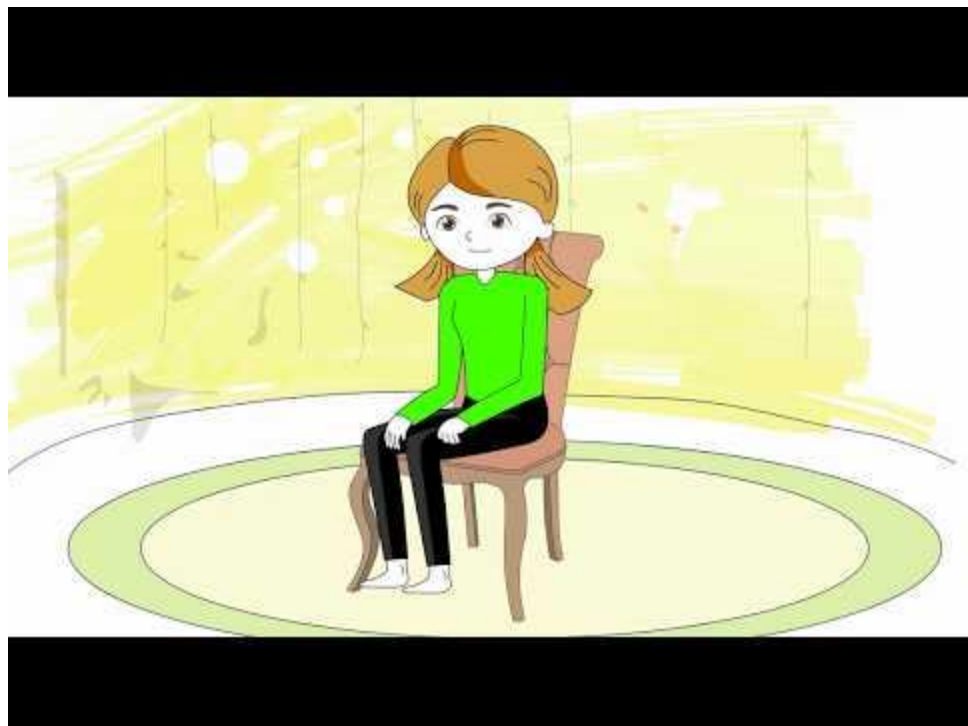


OVERWHELMED



TIRED

Let's Practice Some Mindful  
Activities to help manage  
our feelings:







## Bank of Mindful Activities

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!

