



Week 6 Health: Calming the Body

Thursday • 30 minutes • Oaklynn and Brooksley

Learning target

I can notice a body clue and try a calming strategy.

Set-up

Open the verified Health Chalkie lesson. Print the coordinated Activity Sheet. Leave floor space for breathing, stretching, and wall pushes.

0-4 min • Check in

Name a feeling and one possible body clue. All feelings are allowed; body clues help us decide what support may help.

4-10 min • Teach

Model slow breathing, a steady wall push, and a senses check. Calming strategies help the body get ready; they do not make a feeling wrong.

10-18 min • Practice

Try each strategy together. Let each child choose which feels helpful. Stop any movement that feels uncomfortable.

18-24 min • Apply

Read a simple scenario. Oaklynn names a body clue, selects a strategy, and explains why. Brooksley points, circles, matches, draws, answers orally, or dictates.

24-28 min • Activity Sheet

Complete the coordinated page with generous adult support for reading directions.

28-30 min • Close

Each learner names or shows one strategy and one trusted adult who can help.



Standards and Evidence

Accurate, inclusive language • no fear-based wording

NYS Health Standard 1 • Elementary

Learners understand health concepts and use skills that support personal health. Noticing body clues and practicing a calming strategy provide observable evidence.

NYS SEL Goal 2 • Self-management

Learners use strategies to regulate emotions and behavior. The modeled practice and scenario response connect a body clue to a chosen strategy.

Oaklynn • Grade 2 evidence

Complete a scenario response: body clue, selected calming strategy, and a short reason.

Brooksley • Kindergarten access

Point, circle, match, draw, answer orally, or dictate. No independent reading or writing is required.

Portfolio

Save the Activity Sheet. Label it Week 6 Health: Calming the Body.