

**Theme: YOU**

**Educational Resources: K-6<sup>th</sup>**

**Title: 5 Minutes for Fun**

**Subject: Any Subject**

**Prep Time: 5-15 minutes**

**Activity Time: 15 minutes**

**Activity Description:**

The purpose of this activity is to be aware of and validate the need for a quick break to reset and refocus.

*Direct Instruction –*

Inform students that they are going to take a five-minute break for fun. Ask them to take a minute to analyze their thoughts, mindset and current emotions. Remind them that everyone needs to take breaks when their thoughts, mindset or emotions are negative. During the break, they can do something fun to reset. Ask students to write 3-5 words to describe themselves BEFORE the video and time to reset, then ask them to write 3-5 words AFTER the video break. Remind students that the break is intended to give them time to reset. They need to work to focus again, in their better mindset.

*Individual Activity –*

After reflecting on your thoughts, mindset and emotions, on your own piece of paper, write 3-5 words that describe you BEFORE the break. AFTER the video break and time, write 3-5 different words to describe yourself.

*Group Activity –*

Show your class one or more of these videos to add a bit of joy or calmness to their day.

<https://www.youtube.com/watch?v=4HVqC4zEPDc> calm music & ocean

<https://www.youtube.com/watch?v=7OJ4Iv06CtI> animal friends

<https://www.youtube.com/watch?v=qR3rK0kZFkg> positive affirmation

<https://www.youtube.com/watch?v=f2BZNowCXws&t=14s> dogs sports announcing

<https://www.youtube.com/watch?v=TiZu74DkKLA> funny sports moments

**Outcome Measurement:**

Ask students to write one paragraph describing how this method of resetting works for them. Have them include how they will continue to use methods of evaluating themselves and resetting when needed.

**Sources:**

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**Aligns with Kansas State Standard:**

- Social Emotional Character Development Standards
  - Personal Development- Self-Awareness
  - Personal Development- Self-Management

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**\*\*Disclaimer: The lesson plan above should be adapted to your class- grade level, knowledge base, time restrictions, class make up, etc. Only use what works for your situation.**