

**Theme: GO**

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

**Title: How Do You Feel?**

**Subject: PE**

**Prep Time: 5 min.**

**Activity Time: 1 class period**

**Activity Description:**

The purpose of this lesson is to help students recognize their own physical and mental awareness and to understand that physical activity can help increase physical, emotional and cognitive abilities.

Direct Instruction – The PE teachers will talk to the students before their regular PE class about how they are feeling. Students will not share their answers, just think about it. Ask them to define their physical and mental state. Examples can include happy, excited, scared, stressed, sad, tired, energetic, cloudy minded, focused, etc. Ask the student to just get an idea in their minds of how they feel before they exercise.

Then, do a regular PE class (outside if possible), making sure you have some stretching and cardio aspects to the activity.

End a few minutes early so you can talk to the students about how they feel after they exercise. They should feel more awake, focused, stronger, enthusiastic, etc. Explain that activity makes you happier because your blood is circulating and oxygenating, and students are getting healthier. Explain that before you exercise you might feel ok, but after you should feel great. During can be difficult, but you should always take pride in the fact that you did it and are healthier because of it!

Group Activity –

Students complete the normal PE class.

**Outcome Measurement:**

Students can fill out this chart or simply answer the question. How does exercise make you feel better?

	BEFORE PE CLASS	AFTER PE CLASS
PHYSICALLY		
EMOTIONALLY		
COGNITIVELY		

**Sources:**

SevenDays® Inc.

<https://www.cdc.gov/physical-activity-basics/health-benefits/children.html>

**Aligns with Kansas State Standard:**

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

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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.**