



Did you know?

- ▶ Seeing others who look, act, and experience life like them in stories or within the learning environment helps foster feelings of inclusion and belonging and reinforces and affirms students’ positive views of themselves and what they can achieve.
- ▶ When students feel anxious or worried it affects both their bodies and minds. Muscle relaxation exercises can help them decompress and feel better in their bodies, which in turn helps calm their minds.



This simple learning experience will complement the learning expectations found in the Self-Regulation and Well-Being Frame of the Kindergarten Program.

CHECK-IN	CURRICULUM CONNECTIONS
<p>Emoji Check-In</p> <p>Possible conversation prompts:</p> <ul style="list-style-type: none"> • “Which one of the emojis best shows the way you are feeling today?” • “How do you think the other emojis are feeling?” 	<p>Overall expectation</p> <ul style="list-style-type: none"> • Communicate with others in a variety of ways, for a variety of purposes, and in a variety of contexts. • Demonstrate an awareness of their overall health and well-being. <p>This activity will help students identify feelings and emotions in themselves and others, explain why they might be feeling that way, and develop their vocabulary for feelings and emotions.</p>

ACTIVITY

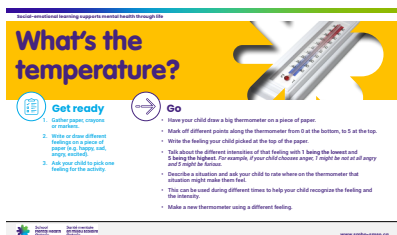


Tense and Relax Video, just press play!

Muscle Relaxation is just one possible strategy to help students with managing strong emotions. Different strategies work for different students. Consider using the [Virtual Field trips](#) to share a range of strategies (breathing, distraction, etc.) over time. Exposure to different strategies will help students learn which ones work best for them.

PARTNER

Activity Cards for Home



Consider sharing [this activity card](#) with families and caregivers so they can practice the strategy with their child to provide a connection to learning happening at school.



Here is a sample which you may choose to include in your communication:

“Today our class did a stretching activity as a possible strategy to help students when they are feeling overwhelmed or experiencing big feelings. Here is another activity that you can do at home to continue this learning together.

Consider the following prompt to help start the conversation with your child: ‘I heard you tried something new at school today called turtle shell. How did you feel when you tensed and relaxed your shoulders? Would you like to try another activity together?’”

