



## STRENGTH FROM WITHIN

### PHYSICAL OBJECTIVE

Exploring Leg Strengthening Poses

### QUESTION OF INQUIRY

How can I show value for myself and those around me?

### CHARACTER CONNECTION

APPRECIATION

**Social Emotional Learning Standards (Illinois) - Early Elementary**

**2A.1b.** Use listening skills to identify the feelings and perspectives of others

**2B.1b.** Describe positive qualities in others.

### BUILDING BACKGROUND

Appreciation is being grateful for what you have, like a house to live in or the food you eat. You can be grateful for people in your life, like your friends and family. When we love, value, and acknowledge ourselves for what we do and who we are, we're appreciating ourselves.

Gratitude is an emotion expressing appreciation for what one has versus what one wants or needs. Studies show that gratitude can increase levels of well-being and happiness among those who cultivate it. In addition, grateful thinking, and expressing it to others – is associated with increased levels of energy, optimism, and empathy. (Psychology Today) Gratitude can be shown with words and actions.

### FOCUS



**“Silent gratitude isn't much use to anyone.”**

**– Gertrude Stein (Author)**

### Discuss

*“How can I show APPRECIATION?”*

**On Campus:** Telling my teacher what I like about school

**At Home:** Saying thank you for dinner

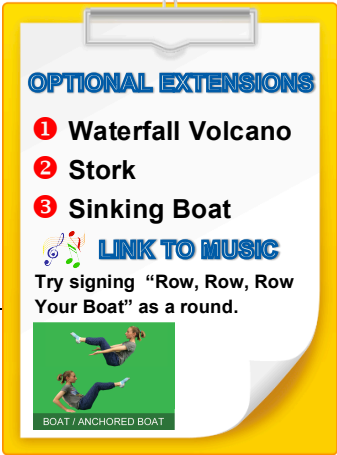
**In the Community:** Taking part in community events (ex: beach cleanup, fundraisers, etc.)

## Breath Awareness

- READY** Breathing Ball
- SET** Chair / Mountain
- GO** Walking Breath

### MOVE



<b>Opening:</b>	Opening Sequence A Opening Sequence B	
<b>Standing:</b>	Gorilla Warrior Elephant Star Volcano <b>EXTENSION 1</b> Windmill <b>EXTENSION 2</b>	
<b>Seated:</b>	Slide Half Butterfly Boat <b>EXTENSION 3</b>	
<b>Back Bending:</b>	Happy Baby	
<b>Inversion:</b>	Candle	
<b>Closing:</b>	<u><b>Option #1</b></u> Butterfly Flower Turtle Lotus	<u><b>Option #2</b></u> Sleeping Lotus Floating Lotus Sunbathing Lotus Lotus

### RELAX



Offer quiet resting pose suggestions:

- Lying on the back, belly, or side
- Hands resting on belly or by sides

Take a moment to check in with your students.

- *How are you feeling?*
- *How are you breathing?*
- *How were you APPRECIATIVE during class today?*

*Please visit the TOOLBOX to further support the concepts taught in this session.*



## IT'S THE LITTLE THINGS

### PHYSICAL OBJECTIVE

Reviewing Leg Strengthening Poses

### QUESTION OF INQUIRY

How can I show value for myself and those around me?

### CHARACTER CONNECTION

APPRECIATION

**Social Emotional Learning Standards (Illinois) - Early Elementary**

**2A.1b.** Use listening skills to identify the feelings and perspectives of others

**2B.1b.** Describe positive qualities in others.

### MATERIALS

[“It’s the Little Things” Pictures](#)

### PREPARATION

Print 2-3 copies of each picture. If desired, laminate pictures for durability.

### BUILDING BACKGROUND

Appreciation is being grateful for what you have, like a house to live in or the food you eat. You can be grateful for people in your life, like your friends and family. When we love, value, and acknowledge ourselves for what we do and who we are, we’re appreciating ourselves.

Gratitude is an emotion expressing appreciation for what one has versus what one wants or needs. Studies show that gratitude can increase levels of well-being and happiness among those who cultivate it. In addition, grateful thinking, and expressing it to others – is associated with increased levels of energy, optimism, and empathy. (Psychology Today) Gratitude can be shown with words and actions.

### FOCUS

**“Be thankful for what you have; you’ll end up having more. If you concentrate on what you don’t have, you will never, ever have enough.”**

**– Oprah Winfrey (Talk Show Host)**



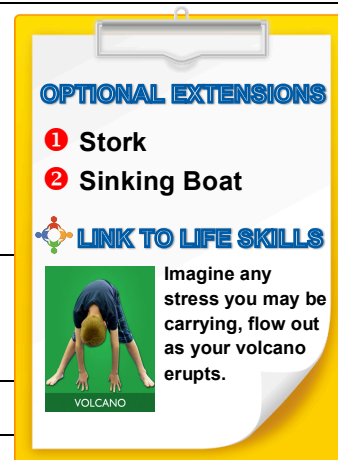
## Breath Awareness

- READY** Breathing Ball
- SET** Chair / Mountain
- GO** Walking Breath

### MOVE



<b>Opening:</b>	Opening Sequence A	
<b>Standing:</b>	Warrior Elephant Star Volcano Windmill <b>EXTENSION 1</b>	
<b>Seated:</b>	Half Butterfly Boat <b>EXTENSION 2</b>	
<b>Back Bending:</b>	Happy Baby	
<b>Inversion:</b>	Candle	
<b>Closing:</b>	<b>Option #1</b> Butterfly Flower Turtle Lotus	<b>Option #2</b> Sleeping Lotus Floating Lotus Sunbathing Lotus Lotus



Offer quiet resting pose suggestions:

- Lying on the back, belly, or side
- Hands resting on belly or by sides

Take a moment to check in with your students.

- *How are you feeling?*
- *How are you breathing?*

### MAKING CONNECTIONS



**RECAP – APPRECIATION:** “HOW CAN I SHOW IT?”

#### GROUP / PHYSICAL CONNECTIONS:

1. Review the word appreciation. How does showing appreciation make others feel? How does not showing appreciation make others feel? Why?
2. We’ve discussed the importance of being appreciative of people and things people do for us. Is it possible to be grateful for things and places? How about for ourselves?
3. Explain to students that they will be participating in an activity to help them become more aware of the little things in life. Sometimes we are so busy that we forget to focus on the little things around us.
4. Split the class into pairs and give each pair a picture. Challenge

the pairs to think of three things they are grateful for about the item pictured.

#### EXAMPLE = TREE

- A tree is fun to climb.
- Trees provide oxygen to humans.
- Some trees grow food.

5. Invite students to preform the pose that relates to their picture. What parts of the body are we showing appreciation for in this pose? How? (Ex: Wave = Stretches our sides)
6. Invite pairs to switch pictures with another group of pairs and repeat the same steps.
7. Save enough time at the end for the two groups of pairs to share ideas with one another. Were the ideas similar? How were the ideas different? Why do others sometimes see things differently than you? Is this okay? Why?

#### **PERSONAL CONNECTIONS:**

Read the following quote aloud and have students think about what it means and how it relates to the activity, then allow students to turn their partner and discuss their ideas together.

*"It's the little things that are vital. Little things make big things happen". -John Wooden (Coach)*

To vary the activity, use a different set of pictures with more abstract concepts.

#### MATERIALS

["It's the Little Things II" Pictures](#)

#### PREPARATION

Print 2-3 copies of each picture. If desired, laminate pictures for durability.

### **CA Physical Education Standards**

**STANDARD 5: Students demonstrate and utilize knowledge of psychological and sociological concepts, principles, and strategies that apply to the learning and performance of physical activity.**

#### **GRADE TWO**

- **Self-Responsibility 5.1** Participate in a variety of group settings (e.g., partners, small groups, large groups)
- **Group Dynamics 5.7** Participate positively in physical activities that rely on cooperation.

#### **GRADE THREE**

- **Group Dynamics 5.6** Work in pairs or small groups to achieve an agreed-upon goal.

# TREE



# BAMBOO



# SUNRISE / SUNSET



# BUTTERFLY



# FLOWER



# WAVE

