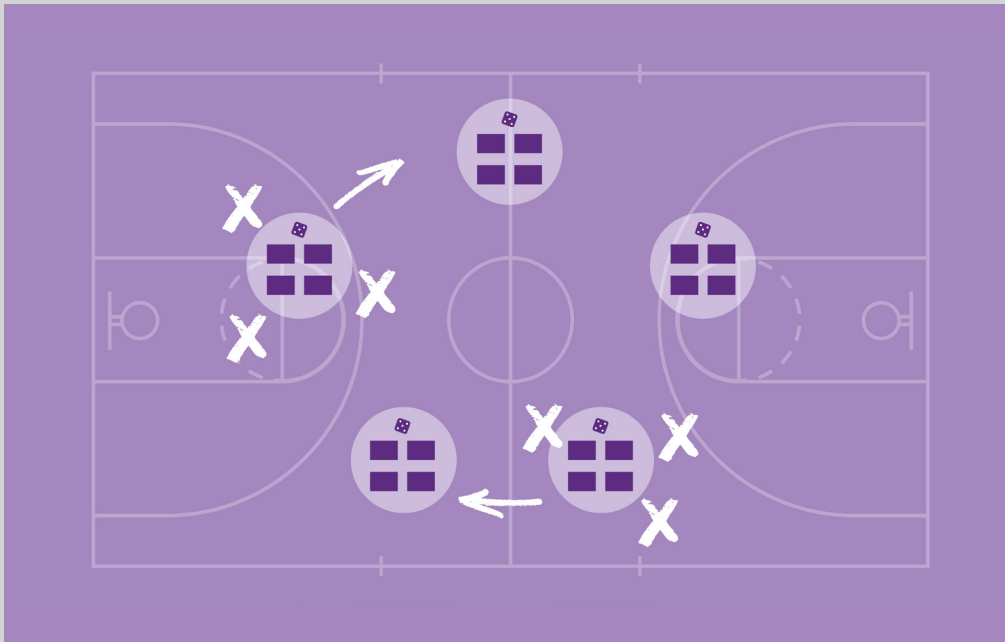


EMOTION COMMOTION



GAME SET UP:



PE STANDARDS:

- Standard 1: Develops a variety of motor skills
- Standard 2: Applies knowledge related to movement and fitness
- Standard 3: Develops social skills through movement

MATERIALS:

- Dice
- Hula Hoops
- Mood Cards

OVERVIEW:

Roll the dice to move through a hula hoop path while learning to recognize different feelings and emotions.

1. Place hula hoops around the gym with four Mood Cards (face down) and a die in each hoop.
2. Separate learners into pairs or groups of 3 or 4.
3. Pairs or groups go to one of the hoops and roll a die to begin. They move that many hoops forward, then stop and select a card. The "I will" cards represent feelings and emotions that will help you make healthy choices. The "I won't" cards represent feelings and emotions that can hold you back.
4. When moving from hula hoop to hula hoop, pick a different locomotor movement such as hopping, skipping, or sideways sliding.
5. If an "I will" card is selected, the group mimics the emotion, then rolls the die, and move forward that number of hoops.
6. If an "I won't" card, is selected, the group mimics the emotion, then moves back one hoop, rolls the die, draws another card, and repeats play.
7. After 3 to 4 minutes, regroup learners and repeat play. Challenge learners to track the number of forward moves and improve their score each round.

EMOTION COMMOTION



Scan here for the full PE lesson plan!

BEFORE THE GAME:

The number one thing you need to know is that everyone has different feelings and emotions throughout each day. When you take time to recognize your feelings and emotions, you are helping yourself to manage your mood and make healthy choices.

Act out a few feelings and emotions that affect learners moods. (Demonstrate feelings and emotions from Mood Cards, such as grumpy, excited, angry, afraid, happy, worried, etc.)

- If my mood looks like I am ready to make a healthy choice, do 5 jumping jacks or arm circles.
- If my mood looks like I am not ready to make a healthy choice, turn around in a circle.

REFLECTION AFTER THE GAME:

Q: How do your feelings and emotions impact your mood?

A: Feelings and emotions put you in a mood, and your mood is your motivation to make healthy choices.

Q: Why is it important to recognize your feelings and emotions?

A: Recognizing your feelings and emotions helps you manage your mood and make healthy choices.

Q: What are some moods that help with your healthy choice journey?

A: Feelings of (Excited, Confident, Relaxed, Strong, Energetic) can help you say "I will" and guide you to health actions.

MODIFICATIONS:

Older Learners

- Use the *fitClub* Mood Activity Cards for grades 4 and 5. These cards include descriptions of various moods.

Sensory Modifications

- Have certain groups walk from station to station, making sure nobody feels rushed.

Find more modifications at fit.sanfordhealth.org.

