



Calm Body

Learning Objectives

- I can practice ways to calm my body before bedtime.

Teacher Notes

- Follow along with the video.
- This lesson will include pauses that will involve student response or time to complete the activity. Please pause the video as instructed for as long as needed.

Lesson Steps: Video Outline [K.3f Video](#)

Step 1 Introduction

- Do you know your body needs lots of sleep to stay healthy and strong?
- Can you name ways we can calm our body before going to bed?

Step 2 Activity

- Review:
 - Calming Activities
 - Let's countdown to calm down 5, 4, 3, 2, 1
 - Bath, No Screen Time, Dim Lights, Calm Music, Read, Stretch, Breathe
- Activity: Thunder! Activity
 - Teacher will play the video for the [Thunder! Activity](#)
 - Students will listen to the song Thunder by Imagine Dragons and will try to jump every time they hear the word thunder.
 - Afterward they will practice ways to calm their body back down.
 - Have a class discussion as needed

Step 3 Closure

- What are things you can do to help calm your body before bedtime?

Assessments

- Pre: Questions will introduce topic, engage learners, and access prior knowledge
- Post: The activity will demonstrate student understanding of material covered during class. Teacher will observe student choices to determine level of understanding.



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Extensions/Connections/Applications

- The teacher can have more discussion as desired with students throughout the lesson.

Resources/References

- [Thunder! Activity](#)
- [Health Smart VA](#)
- [Kids Health](#)