

Purpose & SOL

- Students will be introduced to wellness integration lessons and have fun!
- Introductory lesson for Kindergarten

Materials

- *Stretch* by Doreen Cronin

**Length
of Lesson**

20 minutes

Introduction

Begin by introducing yourself and explaining that you will come to their class this year to help them move and learn! Start by playing a simple round of “Match Me.” The teacher performs a movement and students match that movement.

Implementation

1. Review the importance of personal space. Have students repeat the mantra: “my body, my space.” They will trace their space on the floor to visualize where they will keep their body parts.
2. Introduce the story *Stretch* to the class. What does it mean to stretch? Can anyone show me how they stretch out their bodies?
3. Read the story to students and act out the movements that are described.
4. At the end of the story, ask students to explain ways that they move their bodies.
5. If time allows, play a game of freeze dance to practice remaining in personal space - put on the music and dance! FREEZE when the music stops.

Cool Down

At the end of the lesson, play another round of “Match Me.” In this version, have students perform calming stretches to help cool down.

Variations

Use brain break cards instead of playing Match Me for the warm up.

