

Play Every Day



45-minutes



Objectives:

- Understand the importance of creativity, play, and problem-solving.
- Provide opportunities for children to discuss physical distancing protocols.



I Can Statements:

- I can use play to help me calm down and boost my **creativity**.
- I can use play to help me **problem solve**.
- I can manage my emotions through creativity and play.

mindful CHECK IN

Model

Animal Charades

- Act like an animal that shows how you feel. Leaders guess.
- Say "I feel like a (ex. rabbit) because (I'm bouncing with energy)."

Encourage

- **Invite** leaders to take turns acting, guessing & explaining.
- **Ask** "Which animals & feelings were more active? Which were calm?"



5-minutes



Check-in's help gauge emotions & knowledge; they help develop:

CQ Skills:

- Creativity
- Collaboration

SEL Skills:

- Emotional Awareness

PLAY

Review

- **Encourage** everyone to hold up their hand model of the brain.
 - The fingers are the prefrontal cortex (**PFC**); or the **creative, problem-solving** part.
 - The thumb shows where our brain controls big feelings such as fear and anger. It sends warnings to FLIGHT (run), FREEZE (hide) or FIGHT (anger).
- **Review** breathing can calm our false alarms. So can **PLAY**.
- We use our **PFCs** to be **creative** and think when we play.

Play: Pantomime Pass Along

- Say a way to play. Then, mime throwing a ball to a student. They "catch" it and share a way that they play, then they "pass" it on.



15-minutes



CQ Skills:

- Creativity
- Communication
- Collaboration

SEL Skills:

- Social Connection
- Innovation

Play Every Day

OTHERS

Problem Solving



15-minutes

- Explain that we pretended to pass a ball so we didn't share germs. We were physical distancing AND playing.
- In groups, students problem-solve how they could play while physical distancing. Circulate and make suggestions.
- Modification: If students struggle, assign a specific play activity (i.e. tag) to change.

Share

- Each group shares their physical distanced game.
- Do a victory dance to celebrate problem-solving after each share.

Reflect

- **Say** "When we must change things to be safe, it can give us false alarms from our stress-response. BUT, when we problem-solve, we can have fun and still be safe."



CQ Skills:

- Creativity
- Communication
- Collaboration

SEL Skills:

- Adaptability
- Social Connection
- Innovation

DOWNTIME

Innovate

- **Demonstrate** how breathing strategies have repeating actions.
- **Challenge** students to create new ways of deep breathing.
- **Share** and try out students' breathing strategies.

Modification

- If students struggle, work as a whole group to **brainstorm** repeating actions where half of the action is for breathing in and the other half is for breathing out.



15-minutes



Brain Science Fact:

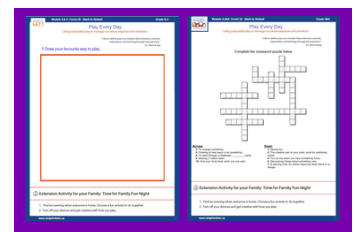
A rollicking laugh fires up and then cools down your stress response, and it can increase and then decrease your heart rate and blood pressure. The result? A good, relaxed feeling."

-Mayo Clinic

Discussion: Use these questions to engage your students further...

- How could you start playing after your brain sends a false alarm?
- How does remembering fun things you have done help you relax?

USE THESE WORKSHEETS WITH THIS LESSON PLAN



Play Every Day

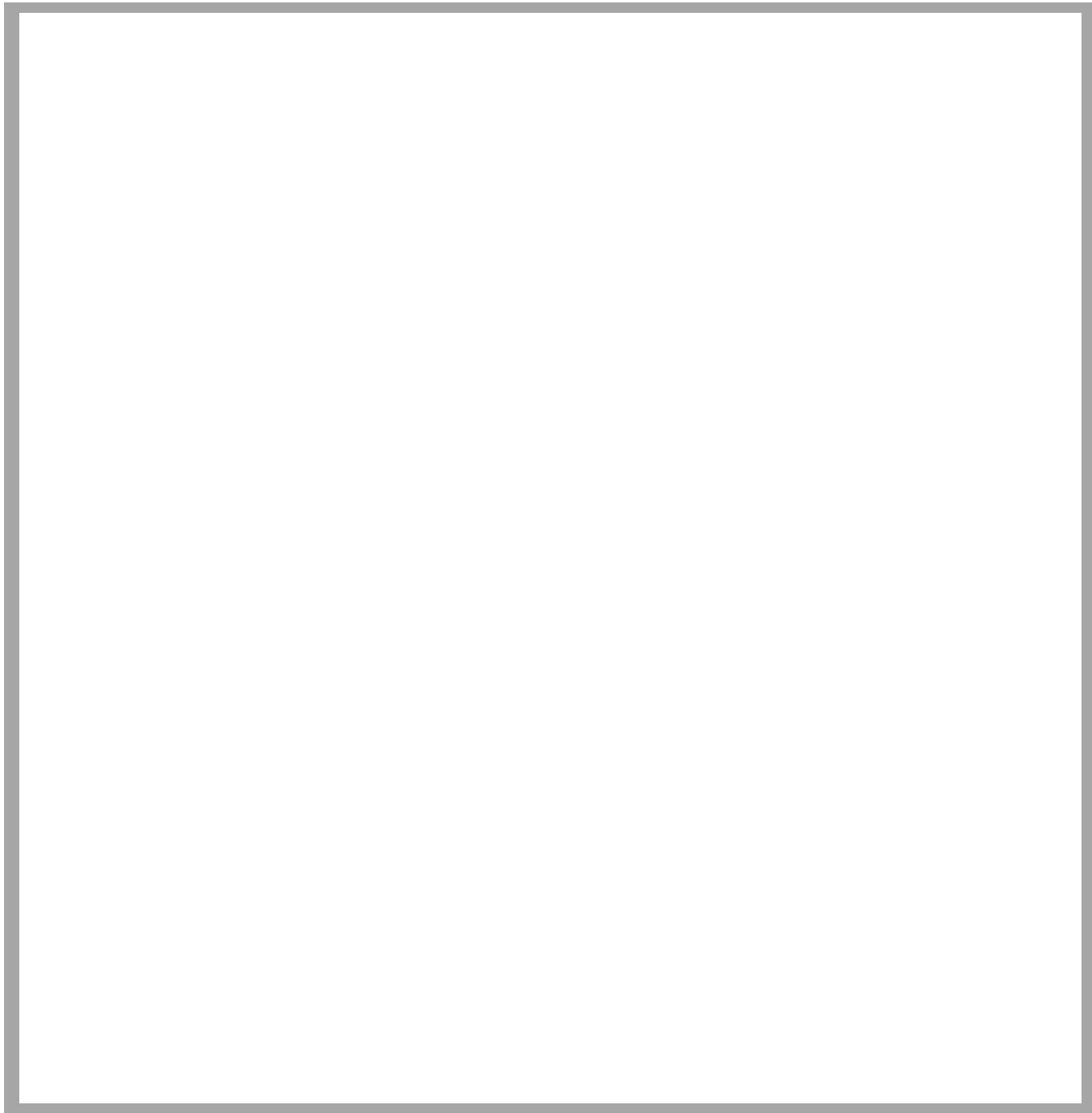
Using purposeful play to manage our stress response and emotions.

"I like to define play as a mindset that embraces curiosity, exploration, and learning through trial and error."

-Dr. Shimi Kang



Draw your favourite way to play.



Extension Activity for your Family: Time for Family Fun Night

1. Find an evening when everyone is home. Choose a fun activity to do together.
2. Turn off your devices and get creative with how you play.

Play Every Day

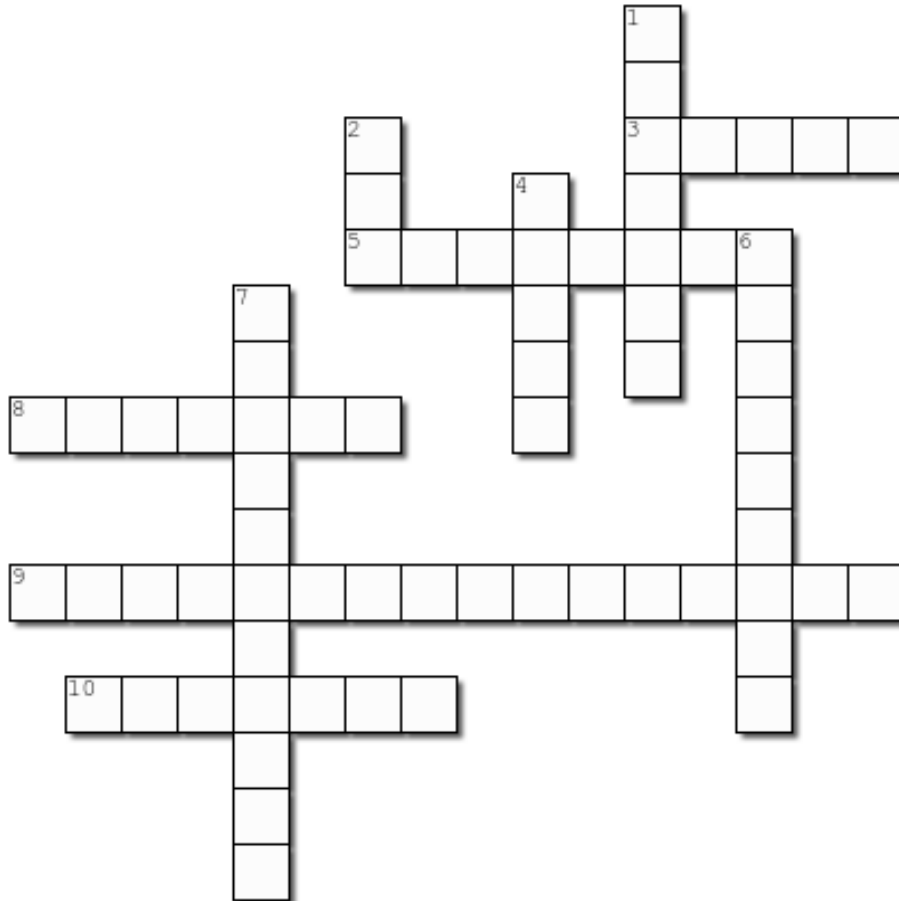
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Play Every Day

Complete the crossword puzzle below



Created using the Crossword Maker on TheTeachersCorner.net

Across

- 3. To change something.
- 5. Thinking of new ways to do something.
- 8. To work through a challenge: _____ solve.
- 9. Staying 2 meters apart
- 10. How your body feels when you are calm.

Down

- 1. Having fun.
- 2. The creative part of your brain: short for prefrontal cortex
- 4. You do this when you hear something funny.
- 6. Discovering things about something new.
- 7. A warning from our stress response when there is no danger.



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