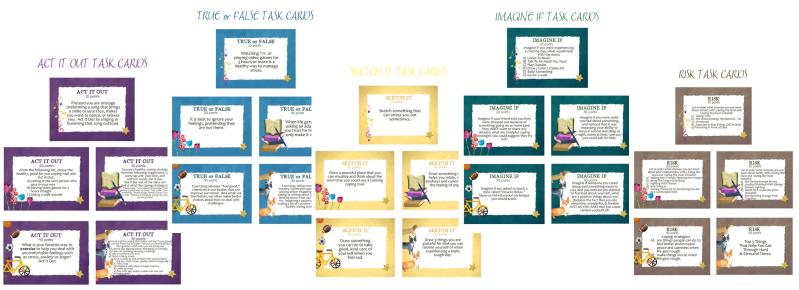


As the research says, creative play really is the language of childhood. No matter the topic covered, I have found that as long as the lesson involves a bit of art, role-playing, games, and some freedom of movement, students are engaged. In this quiz show style lesson, students get to answer through acting, drawing, imagining, and problem solving as a team. I hope that your students enjoy this activity, having serious fun learning!

ACT IT OUT 10 points Pretend you are onstage preforming a song that brings a smile to your face, makes you TRUE or FALSE want to dance, or relaxes you. Act It Out by singing or humming that song out loud. Exercising releases "feel-good," chemicals in our bodies that can RISK improve our mood. And when we 50 points feel better, we often make better Top 3 Things That Help You Get choices about how to deal with Through Hard & Stressful Times:



## 25 TASK CARDS



## SKETCH IT & IMAGINE IF borksheets Stress Test

Name

Draw 3 things you are grateful for that you can remind yourself of when experiencing a really tough day.

