

ACT IT OUT	TRUE OR FALSE	SKETCH IT	IMAGINE IF	RISK
10	10	10	10	10
20	20	20	20	20
30	30	30	30	30
40	40	40	40	40
50				50

# SKETCH IT

40 points

First, notice how you feel. Then draw 5 things you are grateful for. After practicing gratitude, notice how you feel again. Did anything change?

## RISK

20 points

Who are the top 3 trusted people you can talk to about how you are feeling?

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 lesson & Quiz Show style game, 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!

## TRUE OR FALSE

20 points

Feeling can help you learn about yourself and what you may need.

## IMAGINE IF

20 points

Imagine if your close friend told you they were feeling really stressed out. What advice would you give them?

## ACT IT OUT

30 points

Think about a situation that might trigger a person to feel worried. Act It Out

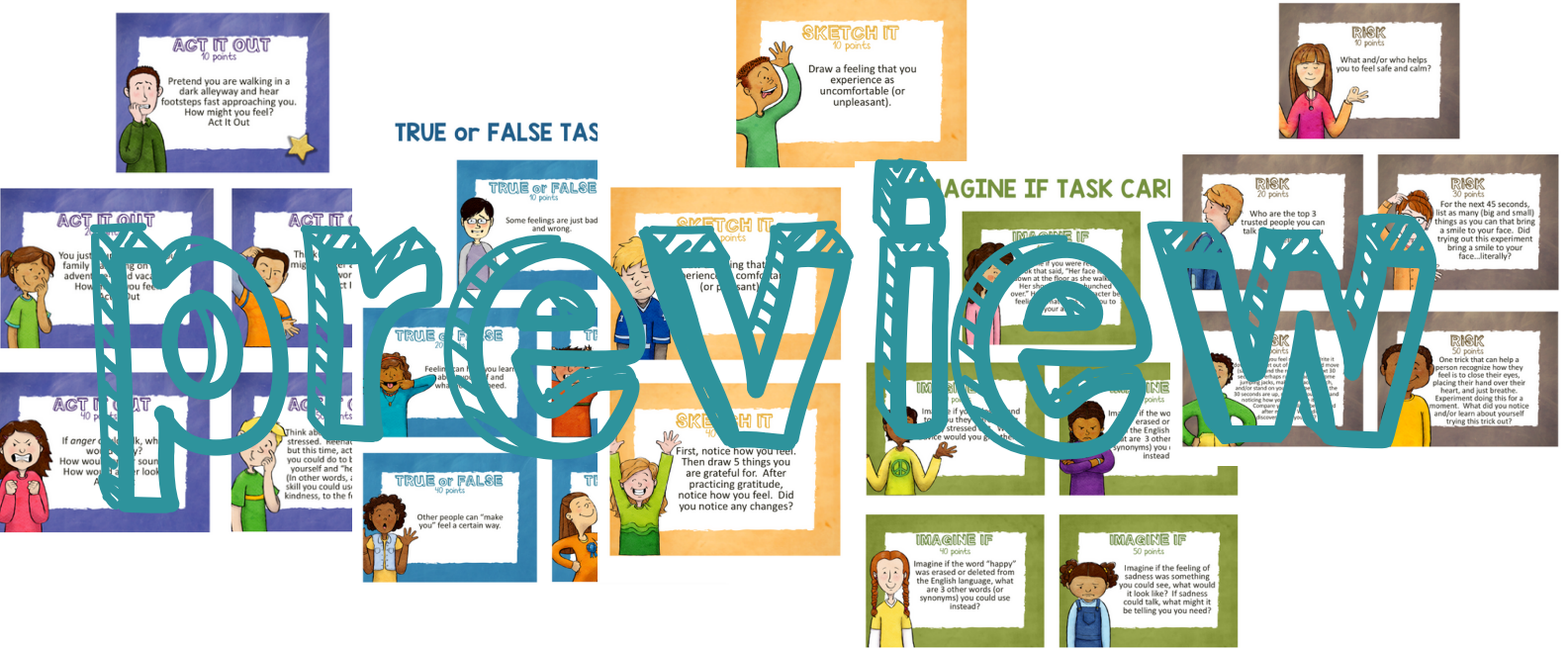
# BONUS ACTIVITIES INCLUDED!

## 25 TASK CARDS

### ACT IT OUT TASK CARDS

### SKETCH IT TASK CARDS

### RISK TASK CARDS



# SKETCH IT & IMAGINE IF Worksheets

If trees experienced feelings and you came across one that was particularly angry, draw what that tree might look like.

Name: \_\_\_\_\_

Imagine if your close friend told you they were feeling really stressed out. What advice would you give them?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



Imagine if you were reading a book that said, "Her face looked down at the floor as she walked. Her shoulders were hunched over." How might the character be feeling? What clues lead you to your answer?

\_\_\_\_\_

- \*First, notice how you feel.
- \*Then draw 5 things you are grateful for.
- \*After practicing gratitude, notice how you feel again.
- \*Did anything change?

NAME: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Draw a feeling that you experience as comfortable (or pleasant).

\_\_\_\_\_

Draw a feeling that you experience as uncomfortable (or unpleasant).

\_\_\_\_\_



NAME: \_\_\_\_\_



#2

#3