

Feeling My Fitness

Kindergarten

Health

Materials :

- computer to connect to Promethean board
- PowerPoint with expression emojis
- a poster board list of activities designed for each feeling

The teacher will connect the PowerPoint to the promethean board. It will display different emotions that children face daily. Once the teacher reflects a picture emoji of an emotion, on a PowerPoint the student will express that emotion.

For example, when the teacher shows the happy emotion, students will perform 20 happy hops. If the emotion is sad, 20 sad steps. If it is scared, 20 jittery jumping jacks. When the angry emoji appears, 20 angry arm circles. Different exercises could be utilized.

The promethean board will be used to display the PowerPoint for all children to see. If a child has trouble seeing, print out copies of the emoticons can be laid on the desk for easy viewing. Students could also be given faces on the popsicle sticks to match with the emoticons. Once the exercise is completed, they hold it up. The teacher can keep a tally of who wins the happy and healthy student of the day.