# Wellness Week Lesson Plan (2\textsuperscript{nd}-3\textsuperscript{rd})

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>AM Academic Time</strong></td>
<td><strong>Mindfulness:</strong> <em>The Present Moment</em></td>
<td><strong>Math Puzzles!</strong></td>
<td><strong>Learn how to have a Growth Mindset:</strong> <a href="https://www.youtube.com/watch?v=iVKeVPI6mM">https://www.youtube.com/watch?v=iVKeVPI6mM</a></td>
<td><strong>Descriptive Writing Activity</strong></td>
</tr>
</tbody>
</table>
| Readworks: *"Playing with Your Health"* Use the reading and questions in the supplemental resources. | Use the worksheets in the supplemental resources to practice mindfulness by focusing on the present moment. | Use the math puzzles in the supplemental resources. | Complete the Growth Mindset worksheet in Supplemental Materials | Write 3 paragraph's describing you from the point of view of:  
* A stranger  
* A close friend  
* You! |
| **Creative Time** | **Express Gratitude:** | **Create a friendship bracelet using straws:** | **Listen to the story:** *The Dot* [https://www.youtube.com/watch?v=Cipw7PG7m1Q](https://www.youtube.com/watch?v=Cipw7PG7m1Q) | **Color Your Feelings:** |
| Practice Brain Break Breathing Exercises: Use the cards in the supplemental resources. Try teaching one to someone else! | Color and write thank you cards to people you care about using the template in Supplemental Materials | Watch this tutorial: [https://www.youtube.com/watch?v=m4H3IAVOm](https://www.youtube.com/watch?v=m4H3IAVOm) | Design your own dot using a paper plate | Complete the What’s in your Heart coloring activity. Example and template in Supplemental Materials |
| **PM Academic Time** | **Storyline Online:** *"A Bad Case of Stripes"* [https://www.storylineonline.net/books/a-bad-case-of-stripes/](https://www.storylineonline.net/books/a-bad-case-of-stripes/) Camilla’s classmates call her names and make fun of her. Pretend you are a student in her class. Write a persuasive paragraph to other students to convince them not to tease her. | **Readworks:** *"Learning on the Soccer Field"* Use the reading and questions in the supplemental resources. | **Practice Growth Mindset with the The Dot Paper Chain Challenge:** Create the longest paper chain possible using only one piece of paper, dot stickers and scissors | **Hour of Code:** Dance Party [https://studio.code.org/s/dance-2019/stage/1/puzzle/1](https://studio.code.org/s/dance-2019/stage/1/puzzle/1) Learn to program your very own dance party. Enjoy moving along with the music! |
Playing With Your Health

Are Video games bad for you?

Many young people like to play games. While playing games, some pretend to fight aliens or evil creatures. Some pretend to be pro athletes.

For years, young people played outdoors with their friends. They used their imagination. Their streets became faraway planets. Their backyards became big-league stadiums.

Today, though, many young people have a different way of playing. They don't play the old-fashioned way. Many play video games instead. Their games take place on their TV, phone, and computer screens.

Video game fans say that their hobby is just good fun. Some people, though, say it is more than that. They say that video games can be bad for people's health.

What do you think? Are video games bad for people's health? Or are they really harmless? Read the arguments below. Then decide for yourself.

Yes! Video Games Are Bad for People's Health

People weren't made to sit on couches or in front of computers all the time. People were made to be active. Video games are bad for people's health.

To be healthy, young people need to stay active. They need to get outside. They need exercise. People who play video games spend too much time staring at a television or computer screen. They don't spend enough time being active.

Playing video games is also bad for the mind. Time spent playing video games would be better spent reading. Reading helps make people smarter. It helps develop the mind. It helps strengthen the imagination. Besides, reading is also fun.

Making friends also makes people happier and healthier. If young people play video games by themselves, they lose the chance to be with friends. Real life is more fun than playing video games.
No! Video Games Are Not Bad for People's Health

Too much of anything—even video games—can be bad. But as long as people don't overdo it, there is nothing harmful about video games. Playing video games can even be good for people.

People do need to be active. But they also need to rest. There is nothing wrong with playing some video games while relaxing. People should play video games to help them unwind.

Not all video games are bad for people's minds. Playing a video game can be like solving a puzzle. Many video games can help make minds stronger. They require the player to focus on the game.

Finally, many video games can be played by two or more people at once. Friends can have fun while playing video games together.

No one should spend all of his or her time just playing video games. But spending some time playing video games is not bad for you.
1. According to the passage, how do video games prevent young people from being active?
   A. by letting them pretend
   B. by keeping them indoors in front of a screen
   C. by creating another fun hobby for them to enjoy
   D. by taking up time that should be spent reading

2. How does the author organize the evidence for and against playing video games?
   A. The author organizes all the evidence for and against playing video games in groups under appropriate headings.
   B. The author lists the evidence in order of importance, with no regard for whether the evidence is for or against playing video games.
   C. The author describes the evidence in chronological order, with historic evidence described first and current evidence described last.
   D. The author alternates, or switches back and forth, between the evidence for and against playing video games throughout the passage.

3. A person who believes that video games are bad for people's health may also agree that
   A. making friends is easier if you play video games
   B. making friends is harder if you are inside all day
   C. many people make friends with the imaginary characters in video games
   D. most people actually do not even need friends to stay happy

4. The author suggests that young people use their imaginations when they
   A. play outdoors by themselves
   B. read and play outdoors
   C. play video games in which they pretend to be somebody else
   D. play too many video games
5. Read the sentences:

"There is nothing wrong with playing some video games while relaxing. People should play video games to help them unwind."

In this sentence the word unwind most nearly means

A. untangle  
B. enjoy  
C. entertain  
D. relax

6. What is this passage mostly about?

A. the new popularity of video games  
B. the drawbacks of video games  
C. the positive and negative effects of video games  
D. how video games can improve your health

7. Choose the answer that best completes the sentence below.

Young people used to play outside with their friends for fun, ___________ now they like to play video games inside.

A. but  
B. also  
C. finally  
D. so

8. How does the text suggest that both reading and video games can improve the mind?

____________________________________________________________________

____________________________________________________________________

____________________________________________________________________

____________________________________________________________________
9. Summarize the three main points of the argument "Yes! Video Games Are Bad for People's Health."

_____________________________________________________________________________________

_____________________________________________________________________________________

_____________________________________________________________________________________

10. The section "No! Video Games Are Not Bad for People's Health" does not recommend that young people play video games all the time. What is recommended instead?

_____________________________________________________________________________________

_____________________________________________________________________________________

_____________________________________________________________________________________
Chain of Compliments

Instructions: Read each compliment. Then, fill in the blanks with a name and/or skill to make it a complete sentence. Do you have other compliments you’d like to make? Use the last two blank lines to write your own original compliments. Then, cut along the dotted lines and attach the ends together to make a paper chain.

__________________________ is very good at ________________________.

When I need to ____________, I can ask ________________ for help.

__________________________ is the best at ________________________.

__________________________ makes me happy when ________________.

Instructions: Give yourself some compliments! Write or draw pictures of 5 things you're good at or love to do in the star.
mindfulness series

THE PRESENT MOMENT

What does it mean to be present?

The word "present" can mean a gift, and it also describes what is happening right now, in the moment. Sit quietly and pay attention to what is going on right now using your five senses. Reflect on what you experience below.

1. Right now I see ...

2. Right now I hear ...

3. Right now I am touching ...

4. Right now I smell ...

5. Right now I feel ...
mindfulness series

**THE PRESENT MOMENT**

What is the difference between the past, the present, and the future?
Below, write and/or draw about something that took place in the past, something that might take place in the future, and something that is happening right now.

**Past:**

**Present:**

**Future:**
Use the pieces above to help you fill in the runaway math puzzle.

7 x 10 = _____  11 x 2 = _____  45

35 + 96 = ______

8 x 7 = 15 - 6 = 1 + 8 = 6 x 1 =
Sudoku Sums of 6
Each row, column, and box must have the numbers 1 through 4.
Hint: Look for sudoku sums. The sum of the two boxes inside of the dashed lines is 6.
Here is an example of a sudoku sum of 6:

<p>| | | | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>2</td>
<td>4</td>
<td></td>
<td></td>
</tr>
<tr>
<td>3</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2</td>
<td></td>
<td></td>
<td>4</td>
</tr>
</tbody>
</table>

Soccer Goals

<p>| | | | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Kevin</td>
<td>0</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Joe</td>
<td>4</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Mike</td>
<td>5</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Who scored the most goals?

Who scored the least number of goals?

You ask Jenna for the time. She says in thirteen minutes it will be seven. Write the time on your digital clock:

\[ \boxed{6 \boxed{\_ \_ \_ \_ \_ \_}} \]

What is the second month with 31 days?

Can you think of a five-letter word that has the vowel A in it?
The sum for each column and row is given.

Puzzle:  
| 4 |  
|---|---|---|---|
| 4 |  
| 4 |  
| 4 |  
| 4 |  
| 13|  
| 15|  
| 14|  
| 20|  

Work Area:  
| 4 |  
|---|---|---|---|
| 4 |  
| 4 |  
| 4 |  
| 4 |  
| 13|  
| 15|  
| 14|  
| 20|  

The sum for each column and row is given.

Puzzle:  
|  
|---|---|---|---|
|  
|  
|  
|  
|  
| 22|  
| 20|  
| 25|  
| 34|  

Work Area:  
| 30|  
|---|---|---|---|
|  
|  
|  
|  
|  

The sum for each column and row is given.

word root de can mean from or away deposition, description, destruct
Add _____________ units to rectangle G to make it as long as rectangle D.

Rectangle A is ________________ units long.

Rectangle A is ________________ unit longer than rectangle G.

Rectangle ________________ is 1 unit longer than rectangle C.

Rectangle ________________ is the longest rectangle.

Rectangle ________________ is same length as rectangle A.

Subtract ________________ units from rectangle H to make it as long as rectangle G.

Rectangle B is ________________ unit shorter than rectangle H.

Rectangle B is same length as rectangle ________________

Rectangle ________________ is 4 units shorter than rectangle F.
Learning on the Soccer Field
by ReadWorks

Gustavo's favorite sport is soccer. When he was only four years old, his older brother taught him how to kick the ball. At first Gustavo was never able to make the ball go where he wanted it to go. Now Gustavo is eight years old, and he has had a lot of practice. Gustavo's brother likes to kick the ball with his right foot. But Gustavo doesn't. Instead, he likes to kick it with his left foot so that it makes a loud sound - thwack! Gustavo calls it his lucky left foot. When Gustavo kicks the soccer ball hard with his left foot, he can make it fly into the goal.

Gustavo lives in Rio de Janeiro, one of the biggest cities in Brazil. Rio de Janeiro is on the beach and has very warm weather. All of Gustavo's friends love to play soccer when they get out of school. Today, there is a new boy at school. His name is Felipe, and he comes from Sao Paolo. Sao Paolo is another city in Brazil and has lots of tall buildings called skyscrapers.
After school, the boys invite Felipe to play soccer with them. Felipe says okay but looks very nervous.

As they walk to the soccer field, Gustavo asks Felipe, "What's wrong?" Felipe sighs and says, "I don't know how to play soccer. I tried once and everybody laughed at me." Gustavo pats Felipe on the shoulder. "That's alright," says Gustavo. "I used to be really bad too. You have to keep trying."

The game starts, and Gustavo moves to the front of the field. He plays the forward position and is always trying to score a goal on the other team. Gustavo feels happy every time he plays soccer and tonight he is playing even better than usual. He steals the ball from the other team and runs with it as fast as he can. Thwack! Gustavo kicks the ball with his lucky left foot and it flies through the sky into the goal. Everybody cheers and Gustavo feels like he is the king of the soccer field.

After the game, Gustavo and Felipe stay on the field to practice. Gustavo shows Felipe how he kicks with his lucky left foot. When Felipe tries to kick the ball, it goes in the wrong direction. Gustavo doesn't laugh at Felipe. Instead, he looks and sees that Felipe is kicking the wrong part of the ball with his foot. Gustavo shows Felipe where to kick the ball, and already Felipe is a little bit better. The rest of the week Gustavo and Felipe practice on the soccer field after the other boys leave. Felipe also practices kicking the ball before school. The next week Felipe scores his first goal, and Gustavo gives him a big high-five. Now Felipe looks forward to playing soccer every day, and Gustavo has a new friend.
1. What sport do Gustavo and Felipe play?
   A. baseball
   B. basketball
   C. soccer
   D. tennis

2. In this story, an effect is that Felipe gets better at soccer. What is the cause?
   A. Felipe gets laughed at the first time he tries to play soccer.
   B. Felipe practices kicking the soccer ball.
   C. Felipe kicks the soccer ball with the wrong part of his foot.
   D. Gustavo gives Felipe a big high-five.

3. Gustavo is good at soccer.

What evidence from the story supports this conclusion?
   A. After a week of practice, Felipe scores his first goal and Gustavo gives him a big high-five.
   B. During a soccer game, Gustavo steals the ball from the other team and kicks it into the goal.
   C. When Gustavo's older brother taught him how to kick a soccer ball, Gustavo was never able to make it go where he wanted.
   D. Gustavo lives in Rio de Janeiro, a big city in Brazil that has very warm weather.

4. How do Felipe's feelings about playing soccer change in the story?
   A. He goes from feeling nervous to feeling excited.
   B. He goes from feeling excited to feeling nervous.
   C. He goes from feeling kind to feeling angry.
   D. He goes from feeling angry to feeling kind.
5. What is a theme of this story?

A. Living somewhere with warm weather is a lot of fun.
B. Playing sports causes children to be mean to each other.
C. People should choose their friends carefully.
D. People can get better at something through practice.

6. Read the following sentences: "Gustavo's brother likes to kick the ball with his right foot. But Gustavo doesn't. Instead, he likes to kick it with his left foot so that it makes a loud sound - thwack!"

Why does the author write thwack! in the sentence above?

A. to give readers an idea of what the loud sound was
B. to show readers why Gustavo likes soccer so much
C. to make readers feel sorry for Gustavo
D. to help readers understand what going to school in Brazil is like

7. Choose the answer that best completes the sentence below.

Felipe is nervous about playing soccer at first, _______ he looks forward to playing every day by the end of the story.

A. as a result
B. yet
C. like
D. so

8. What happens when Felipe tries to kick the soccer ball at first?
9. What happens after Felipe practices kicking the soccer ball?


10. In this story, is practice important to playing soccer? Support your answer with evidence from the passage.


Growth Mindset

Change your words – Change your mindset!

I can

I can

I can

I can’t

yet, but I will keep trying until I can!

© Boy O'Boy Designs