POWER CURRICULUM
Resource Booklet
K–5
Five Principles of Health and Wellness
Seated Mountain
Silent Symbols

“Yes!”

“No.”

Celebration or showing excitement!

Sending kind support

I agree or me too!

I’m sorry

Thank you!

You’re welcome!
Volume Scale

4 Outdoor or Emergency Voice

3 Presentation Voice

2 Quiet Talking

1 Whisper Voices

0 Silent
Animal Arms Breathing Exercises

**Crocodile**
- Inhale the jaws open
- Exhale the jaws close

**Dolphin**
- Inhale the dolphin jumps up
- Exhale the dolphin dives down

**Butterfly**
- Inhale the wings open
- Exhale the wings close

**Pufferfish**
- Inhale the tummy puffs up
- Exhale the tummy sinks down
Mindful Walking
Can You Notice Each Step?
The Anchor Story
and Mindful Breathing
I Am A Kindness Tree!

1. Stand tall like a mountain.
2. Cross your hands over your chest.
3. Lift your right foot.
4. Take 1 mindful breath, as you slowly reach your generous branches out and let your kindness leaves blow with the wind. Grow gradually like a tree.
5. Return to mountain and try to balance on the opposite foot.
Five Finger Starfish Breathing
Animal Walk
Cue Cube Directions

Name and draw a corresponding picture for six different Animal Walks on each side of the cube.

Using safety scissors, cut out the shape along solid lines and fold along dashed lines. Fold the “glue tabs” and apply a little glue so you can glue your cube together!
MINDSETS

fixed

versus

growth
ZEAL THE LION

i am happy to be me
### What can I say to myself?

<table>
<thead>
<tr>
<th>Instead of...</th>
<th>Try Thinking...</th>
</tr>
</thead>
<tbody>
<tr>
<td>I’m not good at this.</td>
<td>What am I missing?</td>
</tr>
<tr>
<td>I give up.</td>
<td>I’ll use some of the strategies I learned.</td>
</tr>
<tr>
<td>This is impossible!</td>
<td>This may take more time and effort.</td>
</tr>
<tr>
<td>I can’t make this any better.</td>
<td>I don’t have to be perfect, but I can keep trying, because there is always room to improve.</td>
</tr>
<tr>
<td>I can’t do math.</td>
<td>I’m going to train my brain to become stronger in math.</td>
</tr>
<tr>
<td>I made a dumb mistake.</td>
<td>Mistakes help me learn and grow.</td>
</tr>
<tr>
<td>She’s so smart. I will never be that smart.</td>
<td>I’m going to figure out how she does it so I can try again.</td>
</tr>
<tr>
<td>It’s good enough.</td>
<td>Is this really my best work?</td>
</tr>
<tr>
<td>Plan A didn’t work.</td>
<td>I will try Plan B!</td>
</tr>
</tbody>
</table>
Seeing Differently
6 vs 9
Mindfulness Game Deck

- Mindful Listening
- Sleeping Crocodile
- Partner Peacock
- Chair Sunrise Twist
- Bridge
- Relaxation Breathing
- Peacock
- Sunrise Sunset Mountains
Mindfulness Home
Mindfulness Web
Ways To Express Gratitude

Draw or write about one person or place for which you are grateful. How can you express your gratitude? Here are some ideas we thought of in class as a way to express gratitude: volunteer to help someone, play with someone at recess, give someone a compliment, a hug, a handshake, or a high-five!
## Mindful/Unmindful Chart

<table>
<thead>
<tr>
<th>Mindful</th>
<th>Unmindful</th>
</tr>
</thead>
<tbody>
<tr>
<td>Carefully listening to a friend's side of a disagreement without</td>
<td>Refusing to respectfully listen to a friend's side of an argument and</td>
</tr>
<tr>
<td>immediately making a judgment.</td>
<td>making judgments before you fully understand their point of view or</td>
</tr>
<tr>
<td></td>
<td>perspective.</td>
</tr>
<tr>
<td>Slowly chewing and savoring each bite of your lunch.</td>
<td>Gobbling your lunch without properly chewing or taking the time to</td>
</tr>
<tr>
<td></td>
<td>appreciate and enjoy it.</td>
</tr>
<tr>
<td>Waking up a few minutes early to give yourself plenty of time to get</td>
<td>Waking up late and having to rush to get ready for school, not leaving</td>
</tr>
<tr>
<td>ready for school without feeling hurried or stressed.</td>
<td>enough time to pack your homework in your backpack or eat breakfast.</td>
</tr>
<tr>
<td>Taking the time to plan ahead and prepare a healthy after-school</td>
<td>Not planning ahead, instead grabbing a bag of chips or a candy bar for</td>
</tr>
<tr>
<td>snack.</td>
<td>your after-school snack.</td>
</tr>
<tr>
<td>Being open to trying something new, such as listening to a different</td>
<td>Being unwilling to trying new things or experiences.</td>
</tr>
<tr>
<td>style of music, trying a new cuisine, or learning a new language.</td>
<td></td>
</tr>
<tr>
<td>Placing your dirty dishes in the dishwasher or washing them.</td>
<td>Leaving your dirty dishes stacked in the kitchen sink for someone else to</td>
</tr>
<tr>
<td></td>
<td>clean.</td>
</tr>
</tbody>
</table>
Anger Iceberg Chart
YOUR REFLECTION

Create illustrations that capture who you are!

This could include your interests, skills, accomplishments, or your future goals.
Positive Personal Shield

SHIELD YOURSELF
Duck/Rabbit Image
Good Citizenship

Is

Does

Says

Is Not

A Good Citizen