

Materials	Paper, pen, materials for chosen activities
Learning Outcome	Recognize how starting your morning doing creative, calming, or inspiring activities can support self-management.

Description

Explain to the child that starting their day by doing something creative, calming, or inspiring allows them to begin their day in a positive way. This gives their brain a chance to prepare for learning in a meaningful way.

Each morning, encourage the child to start the day doing an activity of choice for twenty minutes. These activities could include drawing, playing outside, listening to music, dancing, meditating, yoga, or going for a walk.

Ask the child to try a different activity each day and have them create a log and at the end of each day. In the log, they should record the activity they did that day and how they felt for the rest of the day, reflecting on their emotions, energy, and attention levels.

Emotional Well-Being Competencies



THINK

Develop cognitive skills and strategies that facilitate self-management, decision-making, and relationship skills.



FEEL

Develop affective skills and strategies that facilitate healthy and safe relationships with themselves, with others, and with their environment.



ACT

Practice behaviour skills and strategies that facilitate responsible decision-making, self-awareness, and social-awareness.



Reflection Questions

Reflection is important to support learning for emotional well-being. Consider asking the child the reflection questions below and discuss the answers together.

- *How did the activities prepare your brain for learning compared to other types of morning activities?*
- *What activity did you enjoy the most? Why?*