

Mental and Emotional Health

Sometimes when we feel grumpy, worried, or frustrated we express our emotions in unhealthy ways.



Everyone has a right to angry feelings, but they don't have the right to express those feelings by physically hurting others or saying angry words.

Here are some ways to manage your emotions:

Acknowledge your emotion. Take deep breaths. Do a new activity that makes you happy. Talk to someone who will listen.

Walk around and stretch.

Now your turn! Explain what you can do if you are feeling the following emotions.



sad

Your mom packed a lunch for you, but when you opened your lunch box, your juice had spilt all over your sandwich. You're feeling sad, what can you do?

You're learning how to multiply and it's very confusing. You are feeling frustrated and want to give up. What can you do?



frustrated

Second Grade Health And Fitness Lesson Plans

BM King



Second Grade Health And Fitness Lesson Plans:

Second Grade Health And Fitness Lesson Plans Book Review: Unveiling the Magic of Language

In a digital era where connections and knowledge reign supreme, the enchanting power of language has are more apparent than ever. Its capability to stir emotions, provoke thought, and instigate transformation is really remarkable. This extraordinary book, aptly titled "**Second Grade Health And Fitness Lesson Plans**," published by a highly acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound affect our existence. Throughout this critique, we will delve into the book is central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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