

JUST NOTICING ME

Noticing My Motor

- PULSE
- BREATHING

Noticing My Levels

- ENERGY
- JUST RIGHT

Noticing My Body

- BIG MUSCLES
- FACE

Noticing My Inside

- INSIDE WEATHER
- THOUGHTS



Noticing My Pause

- SLOWING DOWN
- SENSES

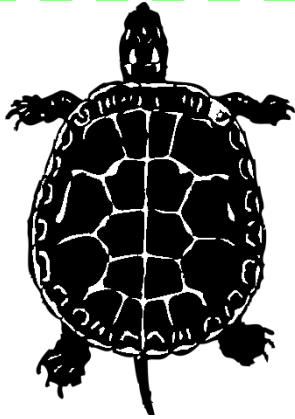


Noticing
My Levels

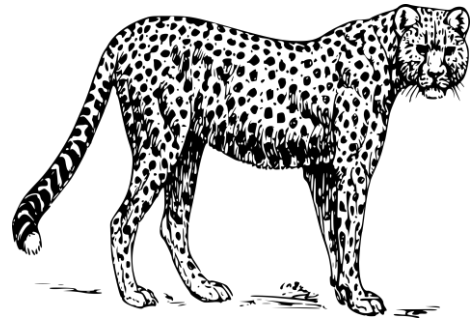
**NOTICING
MY
ENERGY
LEVEL**

a self awareness curriculum

Noticing Energy Levels - Nature Cards



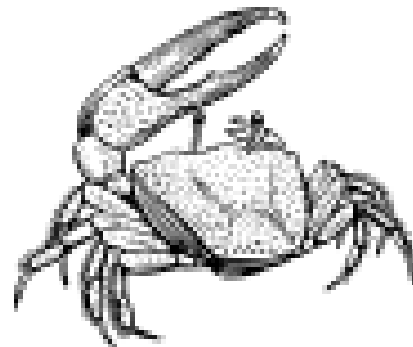
TURTLE



CHEETAH



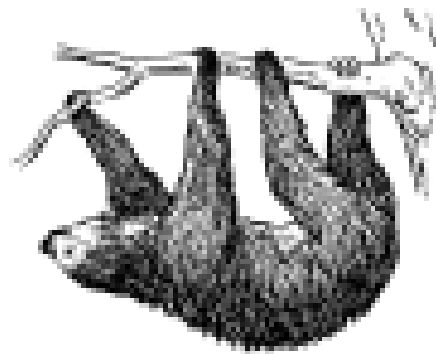
FALCON



CRAB



MONKEY



SLOTH



Ideas for using these cards:

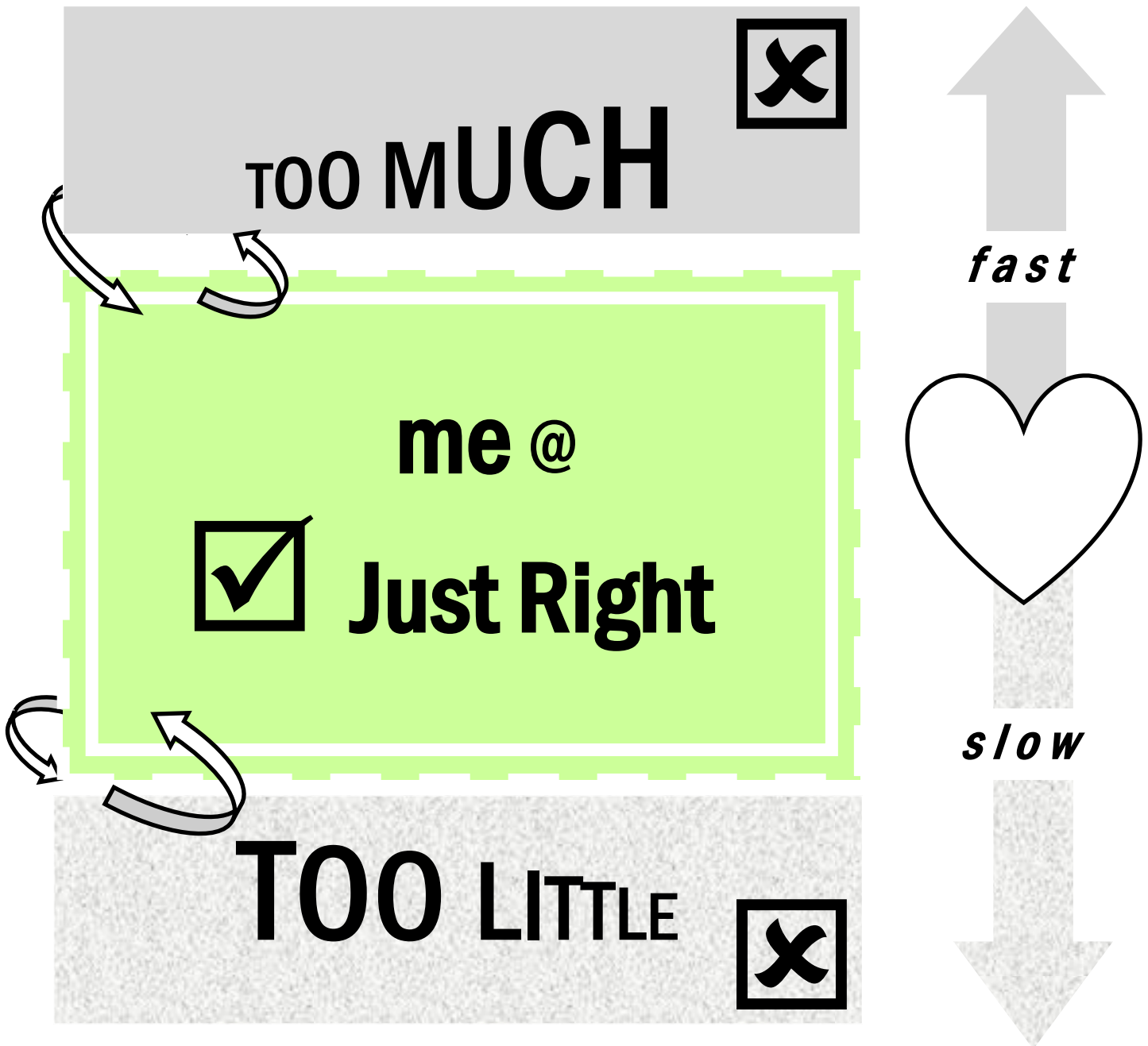
Make two copies: a poster and a set of cards (cut up). Hang the poster for students to see. Choose an activity.

- ➔ **Animal Pary:** Everyone picks a card. Everyone acts out their card. .
- ➔ **Energy Line up:** Everyone picks a card. Create a line up, from low to medium to high energy. Stand in the right place on that line for the card that you picked.
- ➔ **Opposite Day!** Pick a card. Do the “wrong” level of energy for that card.
- ➔ **Who am I?** Person A picks a card without looking at it. Person A hold s, face forward above their eyes so others can see the card. Everyone else acts out the animal on the card., using the right amount of energy. Person A tries to guess the animal. When it is guessed Person B picks a card.



Just Right Me

How do I get back to Just Right?



We can lose, and regain, a physical sense of Just Right.
We can learn the signals of “too much” and “too little.”
We can learn strategies to regain Just Right.