

## GoNoodle Student-Led Options

Grade 4

For each lesson, watch the videos and complete the related worksheets.

### Lesson 1 Videos

- [Mooderator: Excited](#)
- [Mooderator: Worried](#)
- [Mooderator: Caring](#)

### Lesson 2 Videos

- [Mooderator: Angry](#)
- [Mooderator: Sad](#)
- [Mooderator: Grateful](#)

### Lesson 3 Videos

- [Blazer Fresh: Fit the Sitch](#)
- [Blazer Fresh: My Body Says What?!](#)

### Lesson 4 Videos

- [Think About It: Celebrate the Little Things](#)
- [Think About It: Find Peace](#)
- [Think About It: What Brings You Joy](#)

### Lesson 5

- [Think About It: Make Someone Happy](#)
- [Think About It: Help Others](#)
- [Think About It: Be a Good Friend](#)

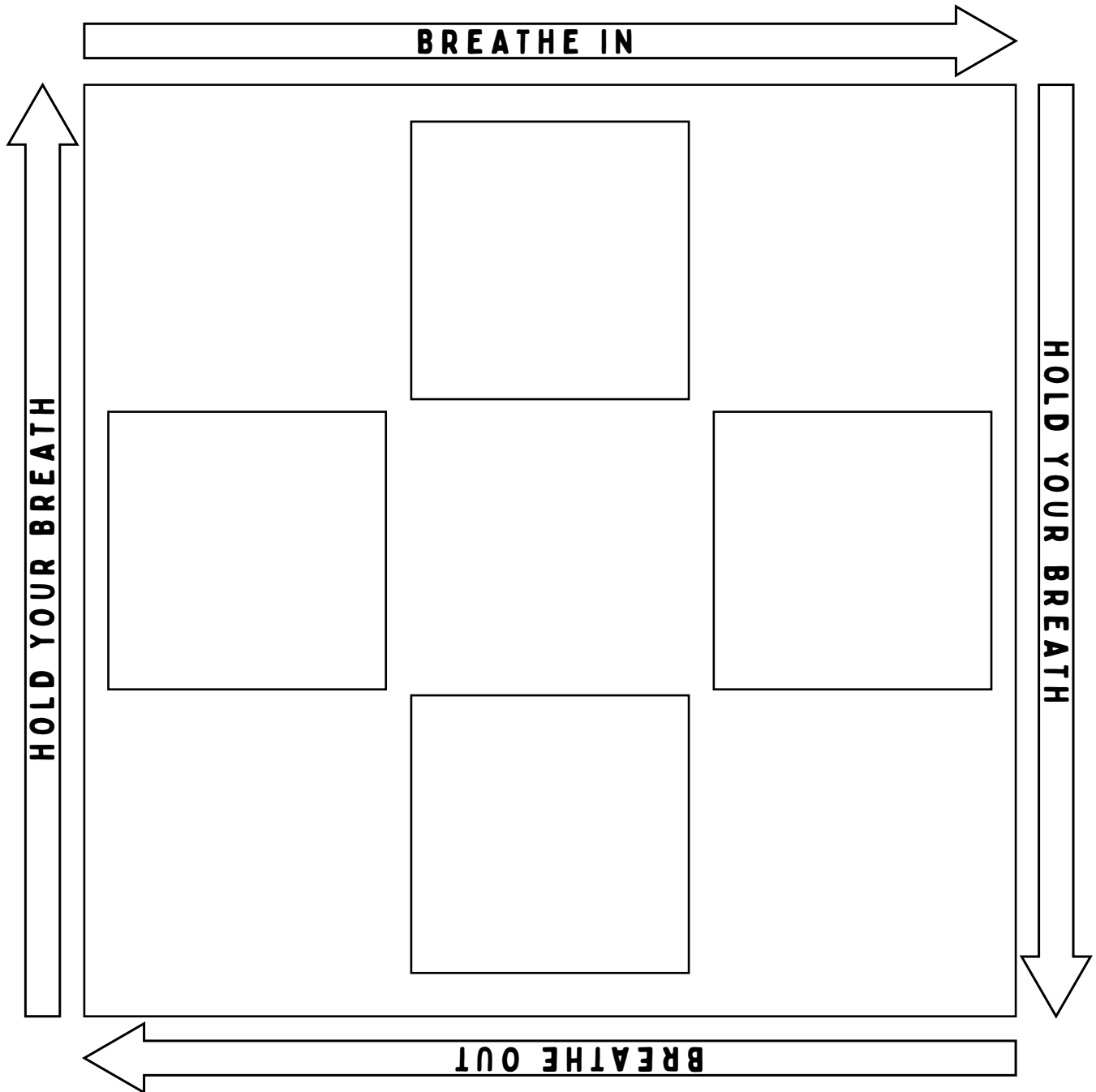
# THE MOODERATORS

Name \_\_\_\_\_

Date \_\_\_\_\_

## EXCITED: SQUARE BREATHING

Directions: Now that you've learned all about Square Breathing, draw pictures inside each box to represent all of the steps. Then hang this in a handy spot as a reminder to calmly breathe when you get excited!



# THE MOODERATORS

Name \_\_\_\_\_

Date \_\_\_\_\_

## WORRIED: RELAX AWAY THE WORRIES

Directions: Worrying is very common, but The Mooderators taught us how to tense and relax different body parts, from head to toe, to help our muscles relax. In the boxes below, draw something that will remind you to tense and relax different areas.

**SQUEEZE AND RELAX YOUR HANDS**

**RAISE YOUR HANDS ABOVE YOUR HEAD**

**SHRUG YOUR SHOULDERS**

**SQUEEZE YOUR KNEES TOGETHER**

**TAKE A DEEP BREATH**

# THE MOODERATORS

Name \_\_\_\_\_ Date \_\_\_\_\_

## CARING: SHOW YOU CARE

Directions: Just like Skylar says, "There is never too much caring in the world!" Show someone you care by writing them a note and/or drawing a picture for them. Then you can mail it to them, or hand it to them yourself.

TO: \_\_\_\_\_

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FROM: \_\_\_\_\_

# THE MOODERATORS

Name \_\_\_\_\_

Date \_\_\_\_\_

## ANGRY: CREATE YOUR CALM SPACE

Directions: In the space below, make a sign to put in your calm down area to let other people know you are taking a break and not to disturb you.



\_\_\_\_\_ 'S  
**CALM DOWN  
CORNER**

# THE MOODERATORS

Name \_\_\_\_\_ Date \_\_\_\_\_

## SAD: FEEL BETTER CHECKLIST

Directions: The Mooderators gave us lots of good ideas to help us feel better when we are sad! Let's make a checklist to help you remember what to do when you're feeling sad.

### THE MOODERATORS' IDEA: LISTEN TO YOUR FAVORITE SONG

My favorite song is \_\_\_\_\_

Here's how I like to dance to it:

### THE MOODERATORS' IDEA: READ A BOOK

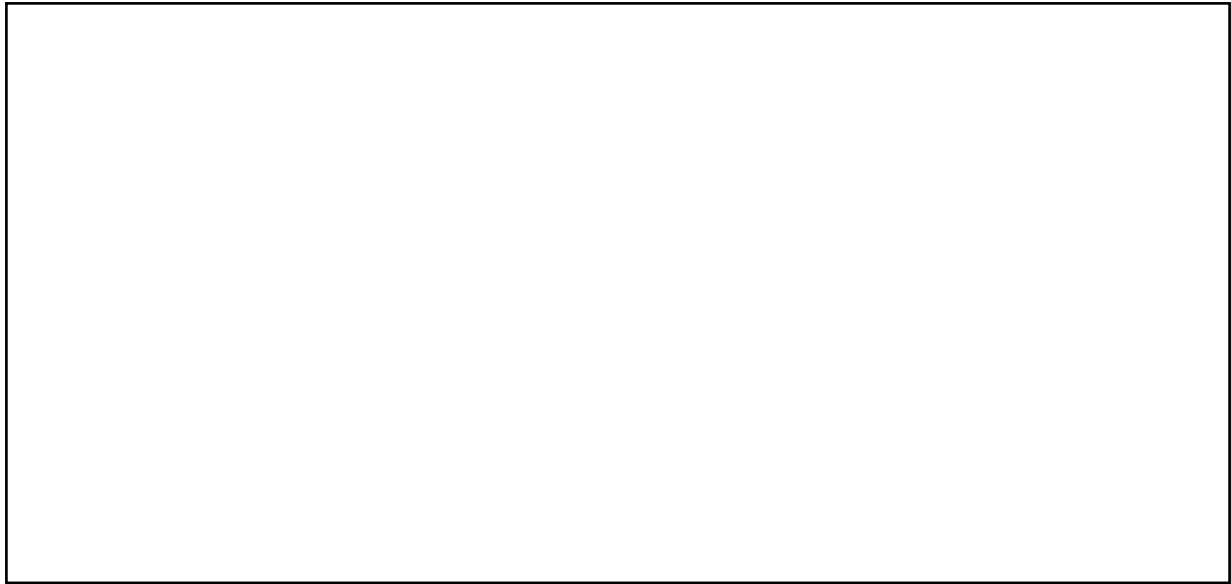
My favorite book is \_\_\_\_\_

This is my favorite scene:

# THE MOODERATORS

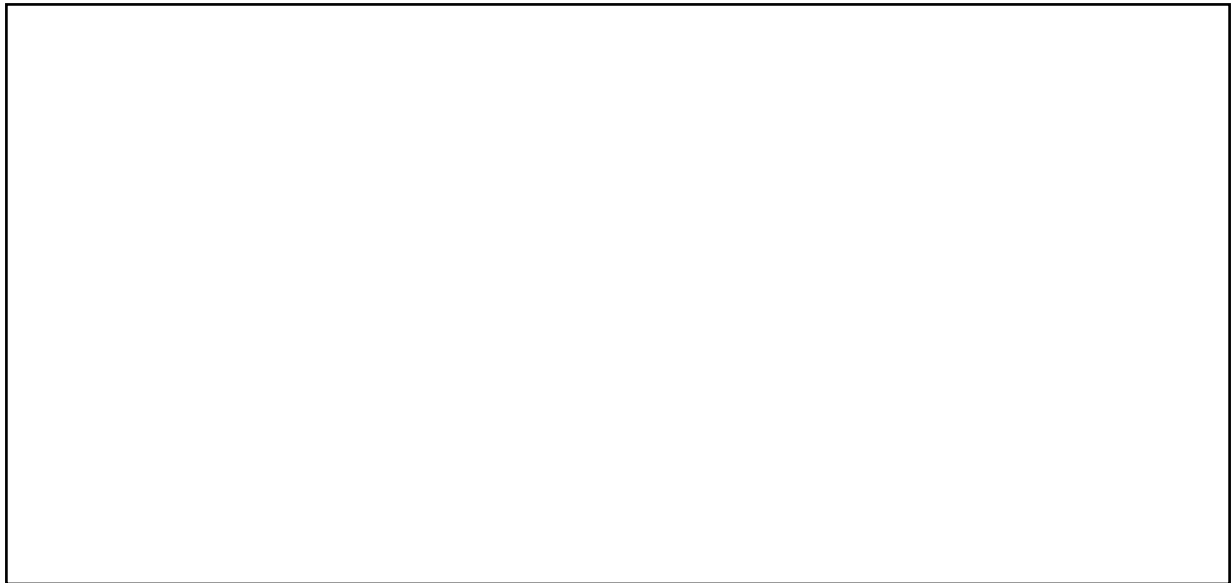
## THE MOODERATORS' IDEA: MOVE YOUR BODY

My favorite way to move my body is:



## THE MOODERATORS' IDEA: CALL A FRIEND

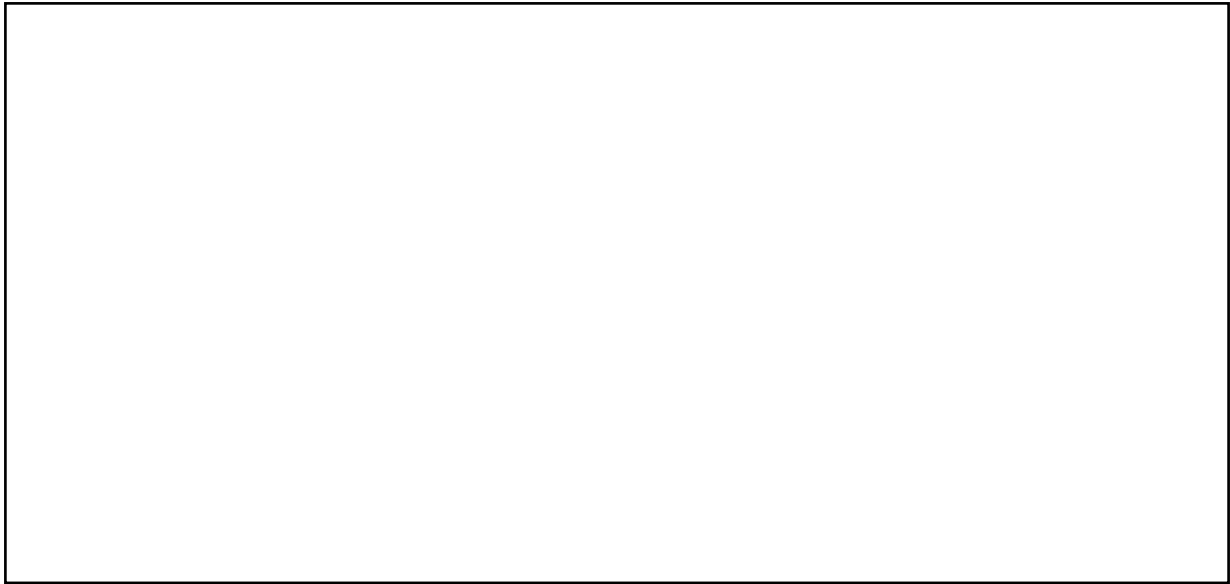
My favorite person to call is:



# THE MOODERATORS

## THE MOODERATORS' IDEA: SPEND TIME IN NATURE WITH A GROWNUP

My favorite thing to do in nature is:



## MY IDEA: ONE THING I LIKE TO DO TO FEEL BETTER WHEN I'M SAD IS:





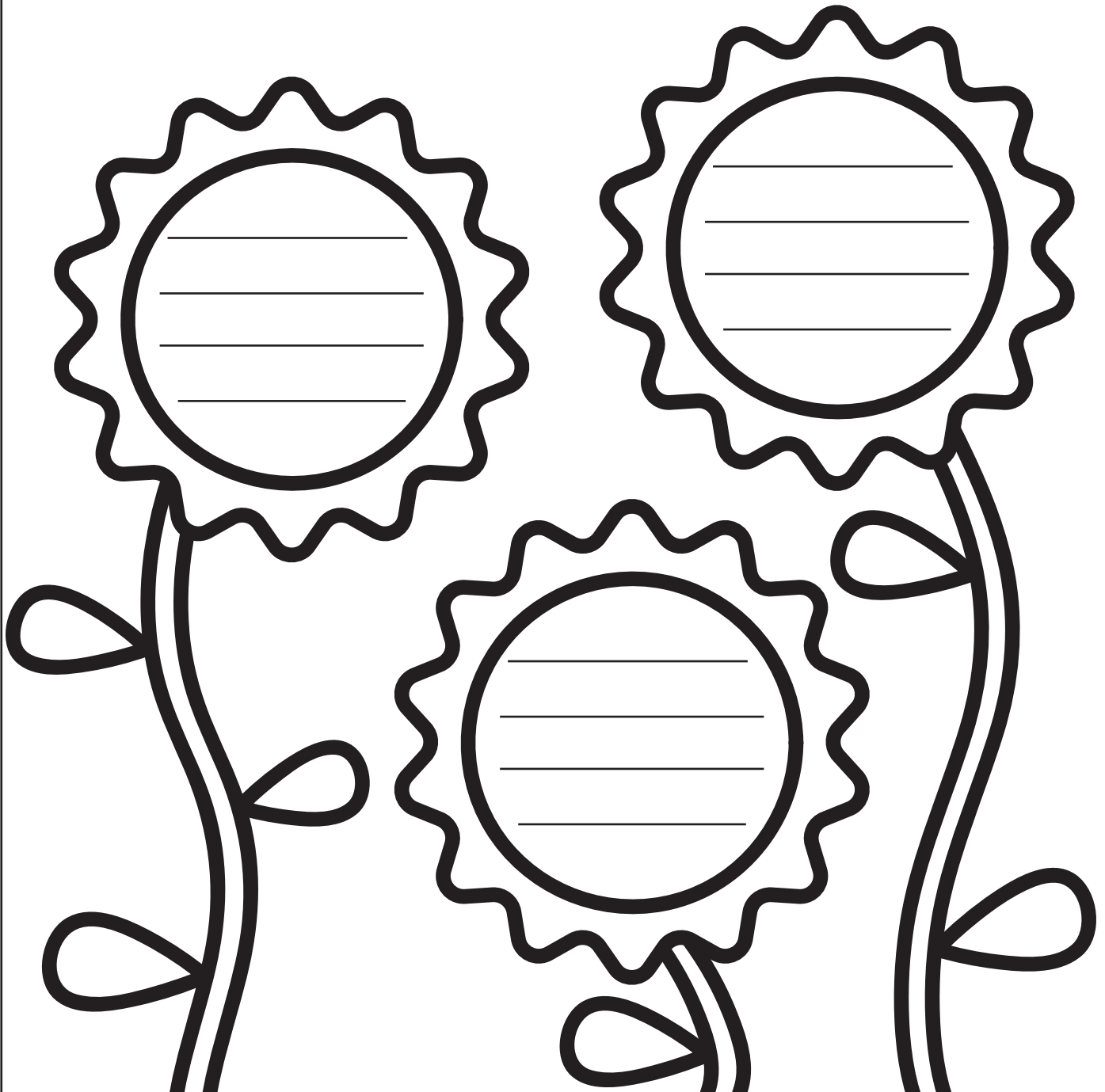
# THE MOODERATORS

Name \_\_\_\_\_

Date \_\_\_\_\_

## GRATEFUL: BUILD A GRATITUDE GARDEN

Directions: Let's create our own gratitude garden! Fill in the center of each flower with something you are grateful for. When you're finished, color in your garden.



Name \_\_\_\_\_

Date \_\_\_\_\_

# Fit the Sitch!



Check out the **Fit the Sitch** video on the **Blazer Fresh** channel.

Use the words from the bank to show how you would "fit the sitch" or act in the different situations below. Use each word once.

**focused**

**silly**

**brave**

**thankful**

**polite**

**friendly**

1. Be \_\_\_\_\_ when you **do homework**.



2. Be \_\_\_\_\_ when you **meet someone for the first time**.



3. Be \_\_\_\_\_ when you **get a present**.



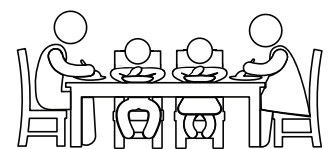
4. Be \_\_\_\_\_ when you **try something you've never done before**.



5. Be \_\_\_\_\_ when you **tell a joke**.



6. Be \_\_\_\_\_ when you're **at a friend's house for dinner**.



Name \_\_\_\_\_



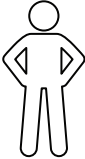





Date \_\_\_\_\_

# My Body Says What?

Check out the **My Body Says What?** video on the **Blazer Fresh** channel.



Fill in the chart below to help you understand what your body does when you feel different emotions.

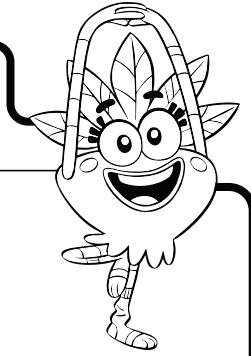
Body Movement	I Do This When I'm Feeling...	I've Felt This Way When...
Frown 		
Yawn 		
Hands on hips 		
Smile 		
Jump 		
Stomp 		
Folded arms 		
Shrug 		

Name \_\_\_\_\_

Date \_\_\_\_\_

# Celebrate the Little Things!

Check out the **Celebrate the Little Things** video on the **Think About It** channel.



Fill in the sentence below with something little that you have done that you would like to celebrate. Then, draw a picture of colorful fireworks in the area below to celebrate your awesomeness!

I want to celebrate that I \_\_\_\_\_  
\_\_\_\_\_.

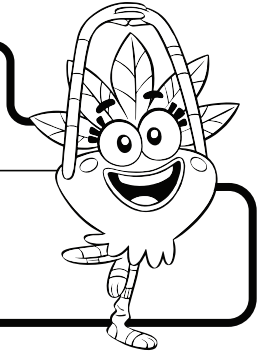
A large empty rectangular box for drawing fireworks. The box is intended for the student to draw a picture of colorful fireworks to celebrate their achievement.

Name \_\_\_\_\_

Date \_\_\_\_\_

# Where Do You Find Peace?

Check out the **Find Peace** video on the **Think About It** channel.



Draw a picture in the area below of a place that is peaceful for you.

A large empty rectangular box for drawing, occupying the majority of the page below the text. It is a simple black outline with no internal details.

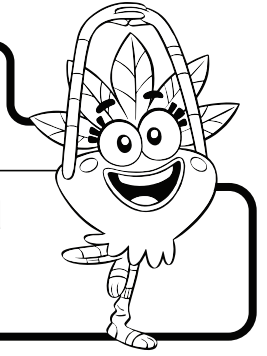
Name \_\_\_\_\_

Date \_\_\_\_\_

# What Brings You Joy?

Check out the **Find Joy** video on the **Think About It** channel.

Joy is everywhere! Fill in the chart below with a person, sight, sound, and memory that bring you joy.



## Things That Bring Me Joy

A person who brings me joy.	
A sight that brings me joy.	
A sound that brings me joy.	
A memory that brings me joy.	

Name \_\_\_\_\_

Date \_\_\_\_\_

# How Can You Make Someone Happy?

Check out the **Make Someone Happy** video on the **Think About It** channel.



Fill in the blanks below with the names of different people in your life and how you can make them happy.

## How I Can Make People Happy

1. One thing I can do to make \_\_\_\_\_ happy is \_\_\_\_\_  
(name of a family member)

\_\_\_\_\_.

2. One thing I can do to make \_\_\_\_\_ happy is \_\_\_\_\_  
(name of a friend)

\_\_\_\_\_.

3. One thing I can do to make \_\_\_\_\_ happy is \_\_\_\_\_  
(name of an adult in your school)

\_\_\_\_\_.

4. One thing I can do to make \_\_\_\_\_ happy is \_\_\_\_\_  
(name of someone else you know)

\_\_\_\_\_.

5. One thing I can do to make myself happy is \_\_\_\_\_

\_\_\_\_\_.





