

GoNoodle Student-Led Options

Grade 5

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

- 12 [Blazer Fresh Facetime videos](#)

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](#)

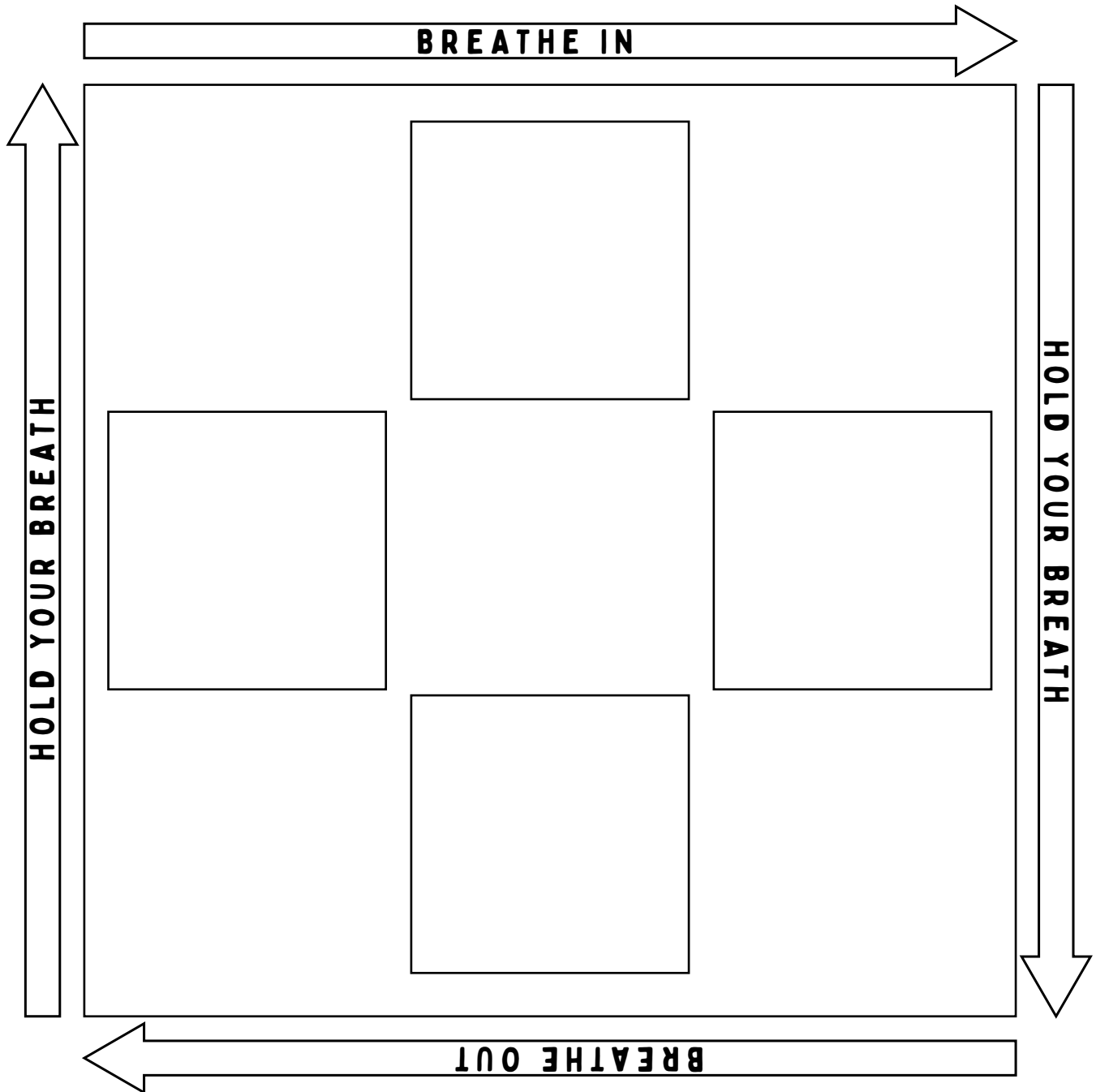
THE MOODERATORS

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: _____

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

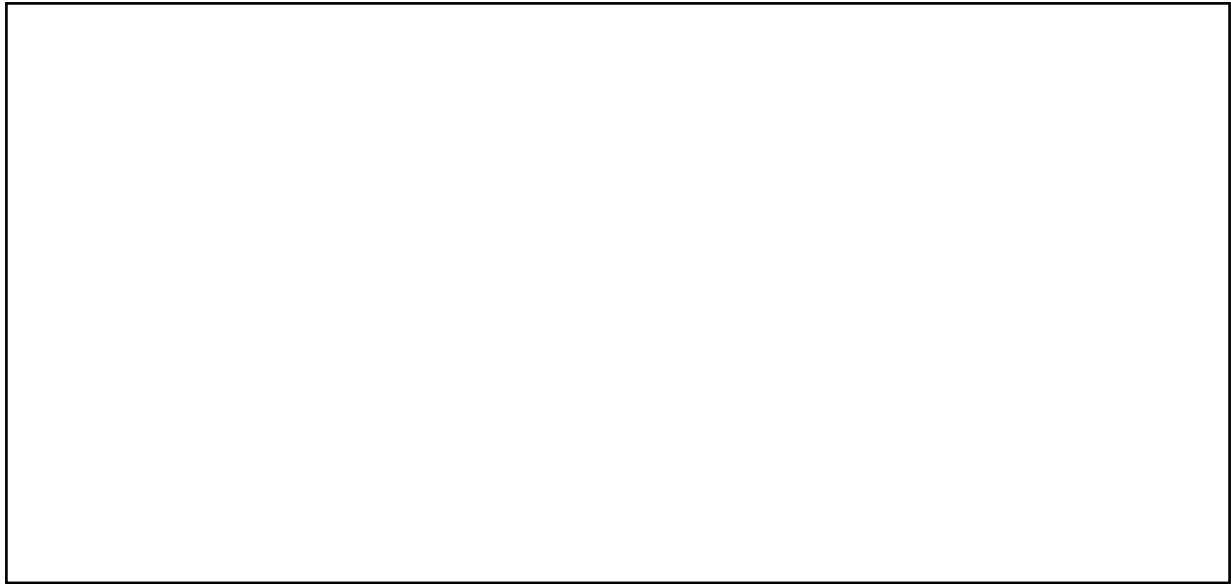
My favorite book is _____

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

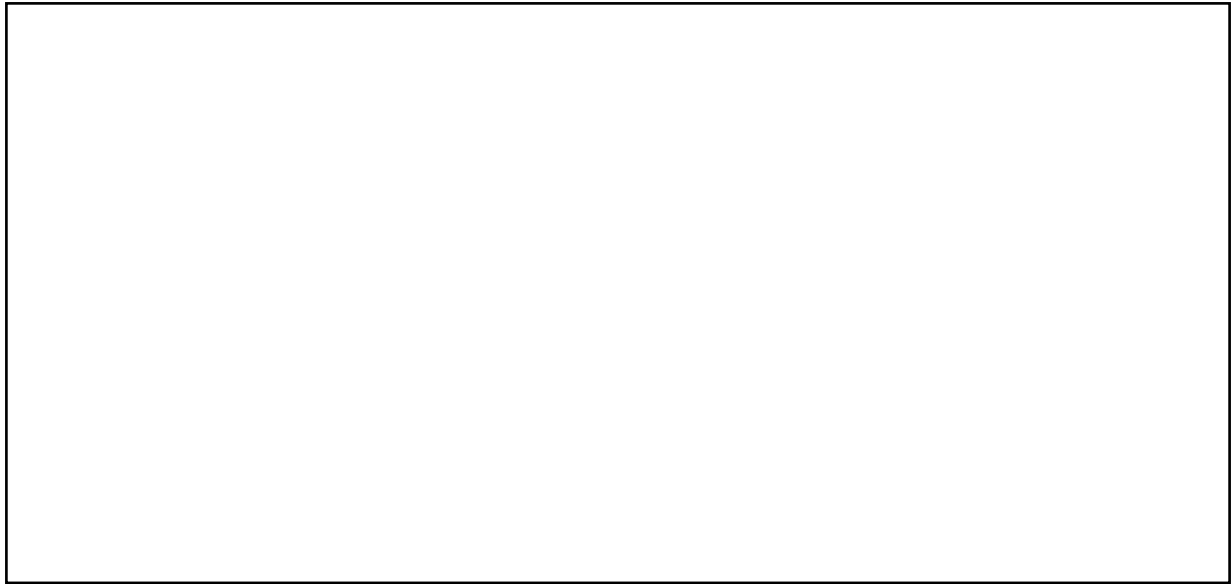
My favorite person to call is:



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:



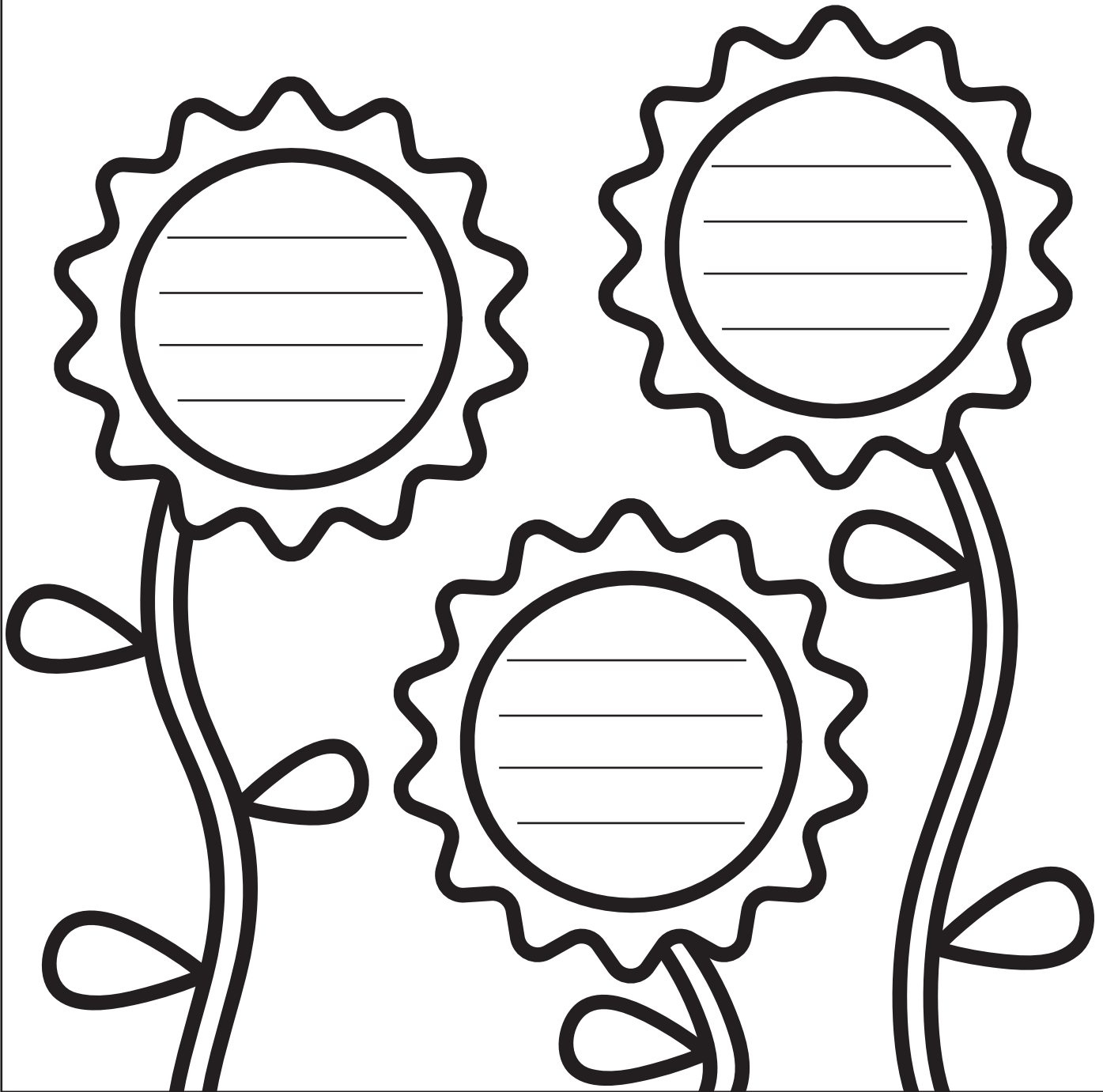
THE MOODERATORS

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.



FaceTime!

FEATURING:

BLAZER

FRESH

Step 1

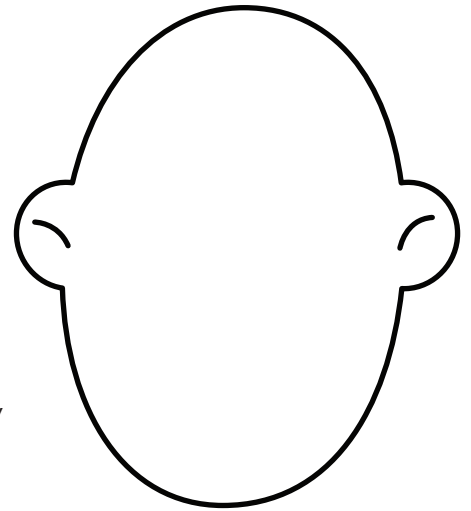


Different faces can tell you how someone is feeling. How do you feel right now? Describe why you feel that way:

Step 2



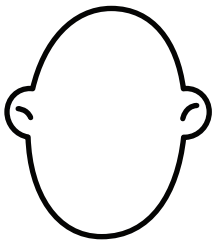
Finish the face so it shows how you're feeling:



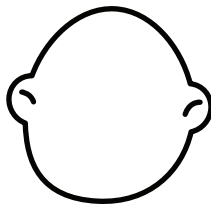
Step 3



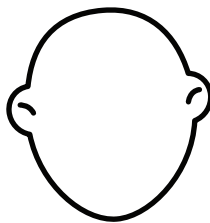
Now, look at the following moods and finish the faces so they show how they're feeling:



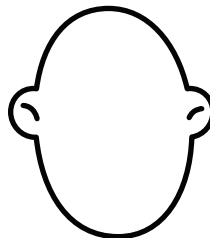
Embarrassed



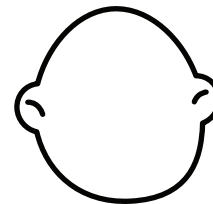
Tired



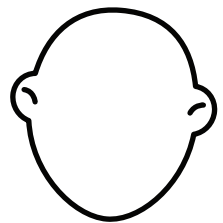
Bored



Loved



Surprised

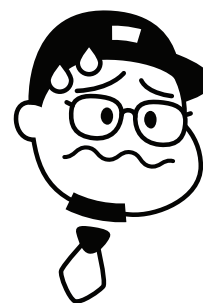
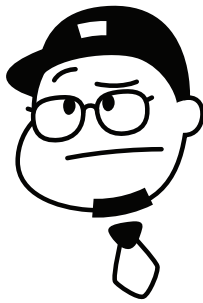


Silly

Step 4



Now, look at the following faces. Write how you think they're feeling:



Word Bank: Shy · Angry · Confused · Proud · Sad · Nervous

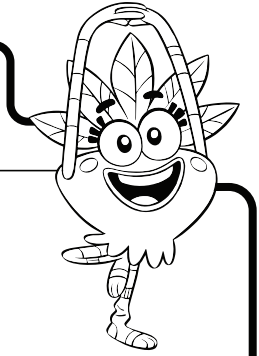
Name _____

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 _____
_____.

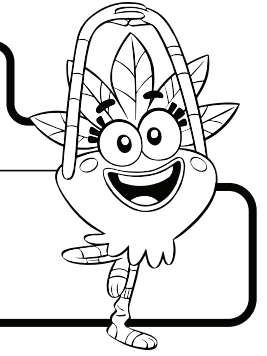
A large empty rectangular box for drawing fireworks.

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.

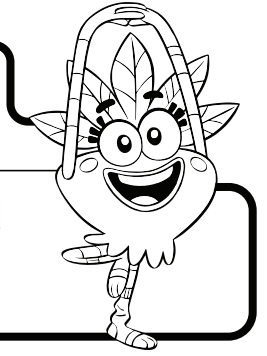
Name _____

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 _____

_____.

