

GoNoodle Student-Led Options

Grade 3

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](#)

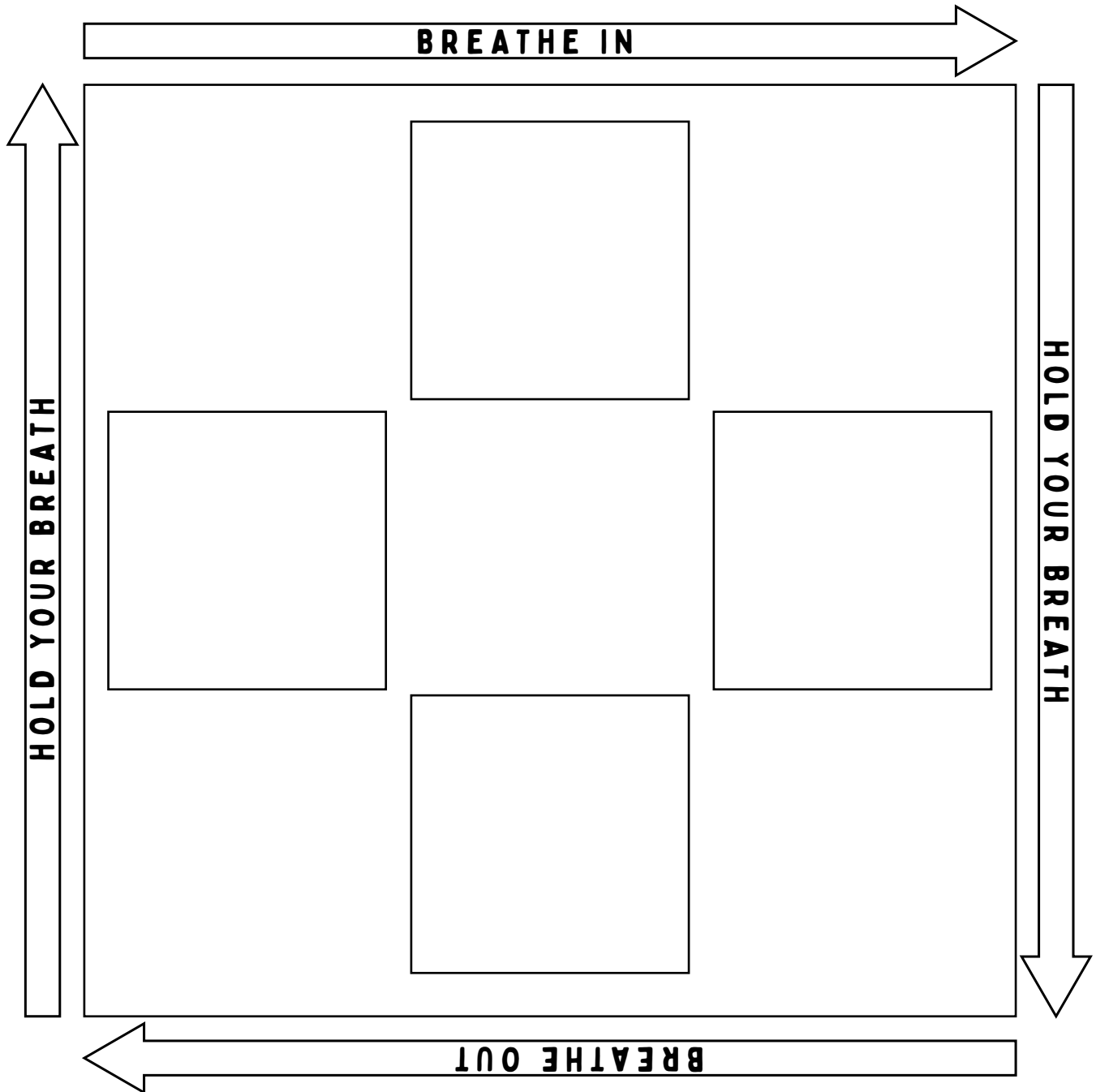
THE MOODERATORS

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

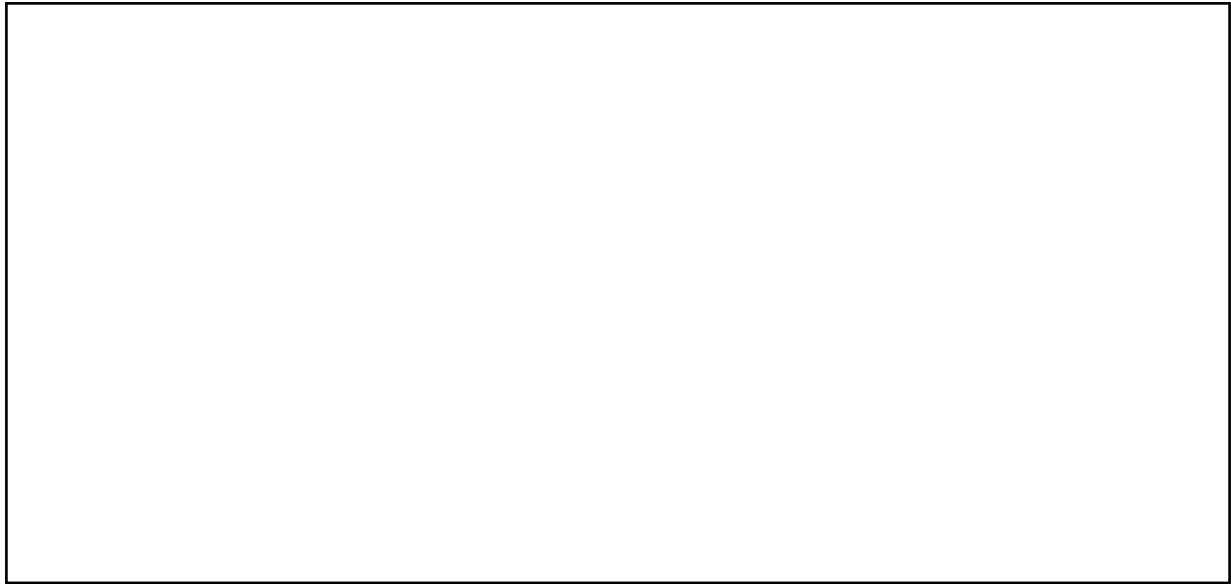
My favorite book is _____

This is my favorite scene:

THE MOODERATORS

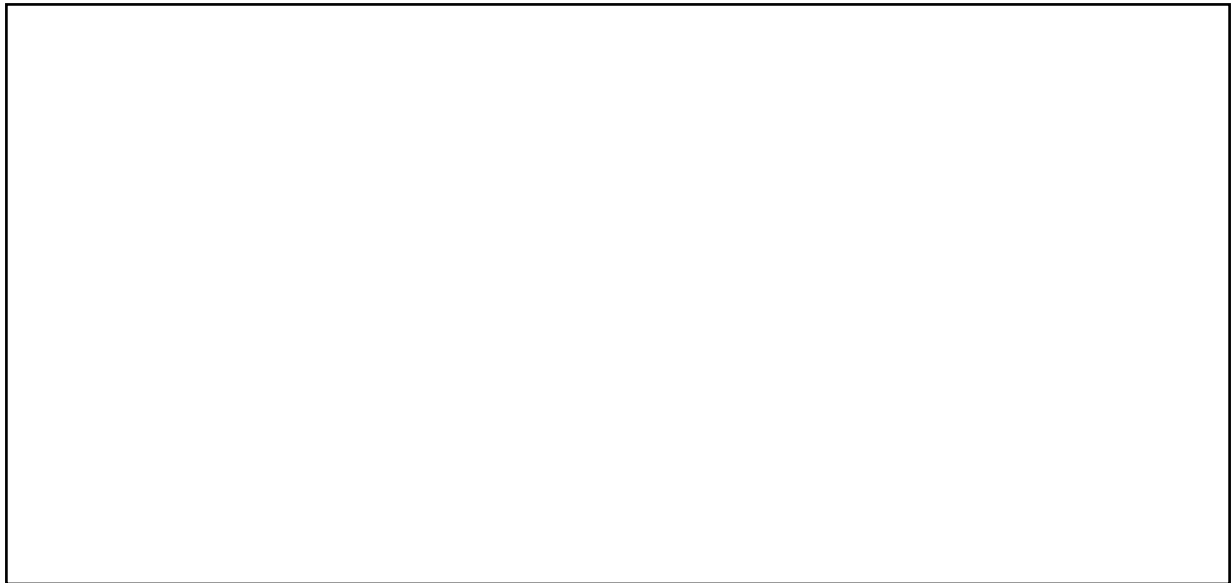
THE MOODERATORS' IDEA: MOVE YOUR BODY

My favorite way to move my body is:



THE MOODERATORS' IDEA: CALL A FRIEND

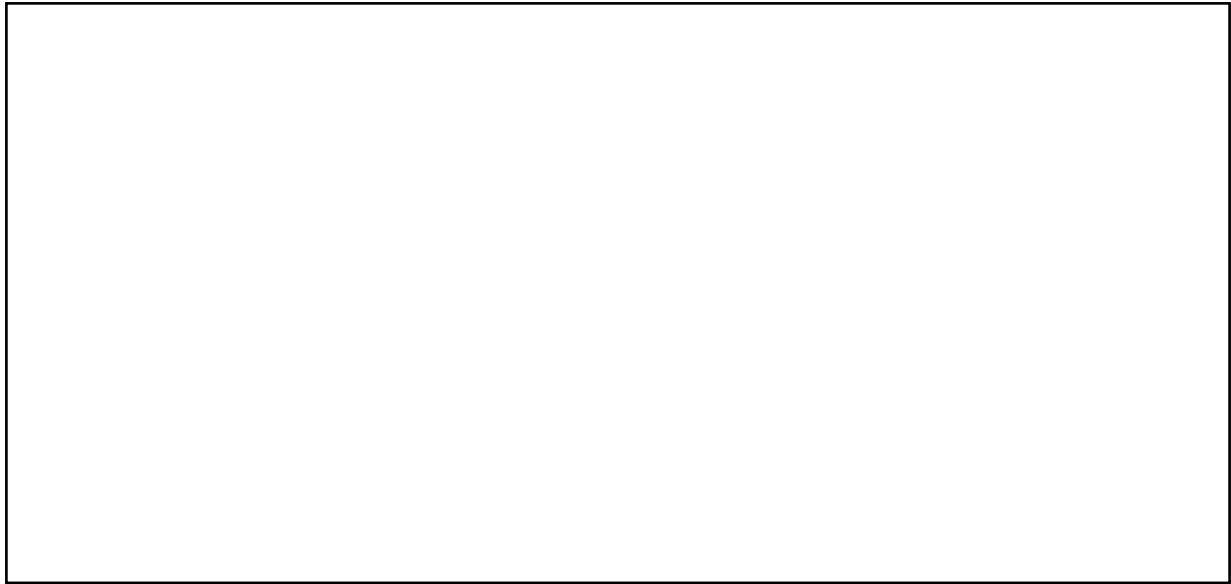
My favorite person to call is:



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:



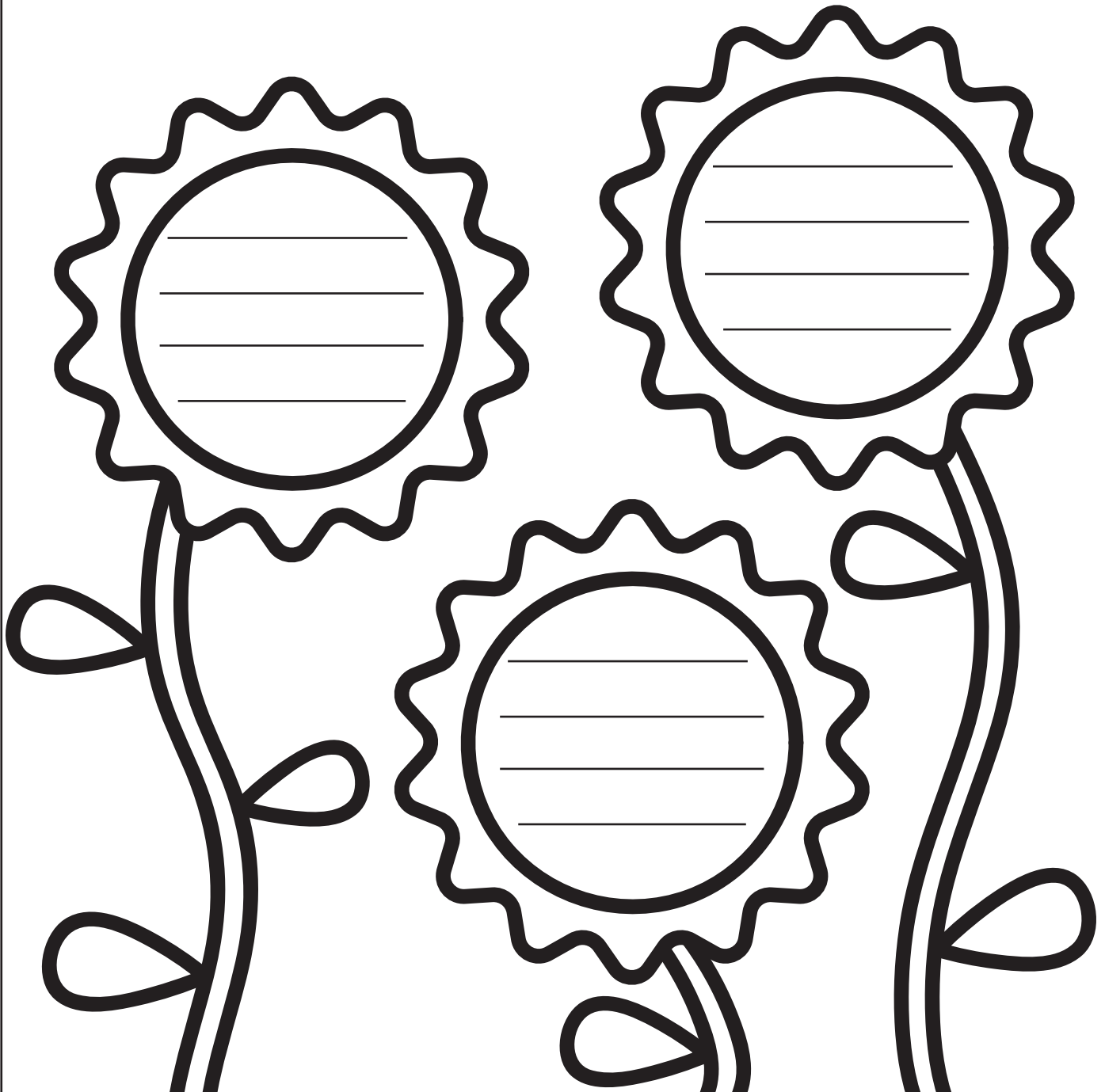
THE MOODERATORS

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.



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**.



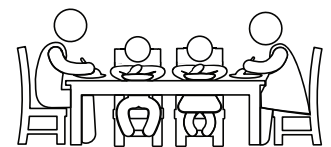
4. Be _____ when you **try something you've never done before**.



5. Be _____ when you **tell a joke**.



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



Name _____





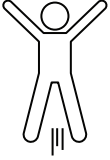


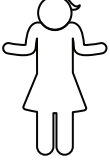
Date _____

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.

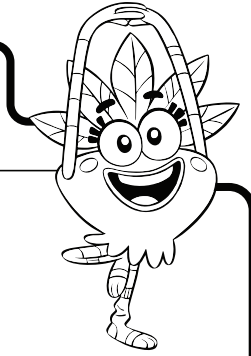
Body Movement	I Do This When I'm Feeling...	I've Felt This Way When...
Frown 		
Yawn 		
Hands on hips 		
Smile 		
Jump 		
Stomp 		
Folded arms 		
Shrug 		

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 _____
_____.

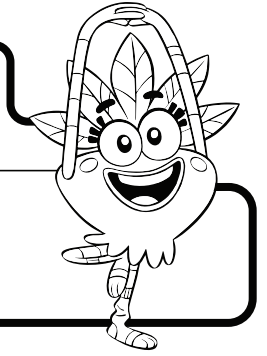
A large empty rectangular box for drawing fireworks. The box is positioned below the sentence completion area and occupies the lower half of the page.

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. The box is defined by a simple black border and is intended for the student to draw a peaceful place.

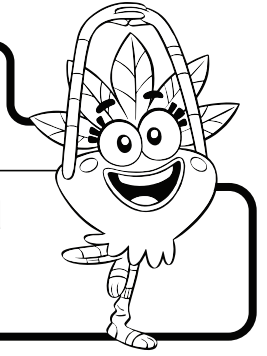
Name _____

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.	