



# Self-Awareness

second step

## ABOUT COMMITTEE FOR CHILDREN

SEL Academic Integration Activities are designed for K–8 classroom teachers. These simple activities integrate self-regulation and social-emotional concepts and skill practice into academic areas (literacy, math, science, social studies, fine art, music, and physical education). The activities are adapted from Second Step: Skills for Social and Academic Success.

# Physical Education, Mirror My Feelings

By: Second Step



## Physical Education

### Mirror My Feelings

When students need a movement break, have them play a game called Mirror My Feelings. Write several different feelings on the board, such as happy, sad, frustrated, surprised, excited, disgusted, or jealous. Direct students to stand up with enough space between them to move without touching one another. Have students turn to a partner. One partner will select one feeling from the board without telling the other partner which one. When you say go, the acting partner will act out the selected feeling, without touching anyone or talking. The other partner will then try to copy, or mirror, exactly what his or her partner is feeling, with the same body movements and expressions. Then have partners switch roles.

**Excerpted from:** Academic Integration Activities in the *Second Step* Grade 1 Empathy Unit

**Unit goal:** To develop students' ability to have empathy and show compassion for others

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Early Learning—Grade 8

The research-based *Second Step* program teaches students social-emotional skills that help prevent problem behaviors; build safe, supportive schools; and empower success.