Heart Rate Zone Intensity Goal:

CATEGORY: SEL/MENTAL HEALTH

Lesson: Understanding the BLUE Zone | Grade Level: K-8

Time	Learning Plan
3 min	**Introduction of Lesson Understanding the Blue Zone** Have students pick-up heart rate monitor. Have the students sit at their desks with head down or lay on the floor.
10 min	**Activity** Have the students relax as much as possible. Suggest they think about something that calms them. Once the students are settled in: 1. Ask the students to raise their hand if they see a BLUE color around their HRM. 2. Discuss with the students: a. Why they see a BLUE color? b. What do you think the BLUE color represents? (Acceptable responses include: Resting HR, Calm, Readiness to Learn, Feeling “Blue”) c. Do you think that emotions can have an impact on each student’s HR? What type of emotions can affect HR? d. Why is it important to be in the BLUE ZONE at certain times of the day? (Examples include: during a stressful test, during a disagreement, during a high anxiety moment.)
5 min	**Closure (Assessment of Lesson)** Answer the questions on the student task sheet. **Self-Awareness** (I am): Recognizing who I am and how I am feeling relative to the world around me. Students demonstrate awareness of their emotions. **What does the BLUE zone mean?** **What is an Emotion?** **What emotions can someone be feeling in the BLUE zone?** **What are some things that might make you Stressed and/or Angry?** **What are some things that might make you Happy?** **Materials** ● IHT Zone wrist based HRM