Heart Rate Zone Intensity Goal:

CATEGORY: SEL/MENTAL HEALTH

Lesson: Understanding the YELLOW/RED Zone | Grade Level: K-8

Time	Learning Plan
3 min	**Have students pick-up an IHT heart rate monitor.**
10 min	**Activity** Have the students sit with a partner 1. Review with the students what the BLUE zone represents. 2. Discuss with the students why they would see a BLUE color around the HRM. 3. Discuss ways students can raise their Heart Rate through physical activity. Once the students have shared ways to increase their HR, have the students stand up with their partner and play "Mirror." 4. Mirror- This activity is a follow the lead activity. While the student is facing their partner, that student will have 1 minute to perform different a exercises at their spot. The partner will do exactly what their partner is doing. After 1 minute, have the students switch roles. Once the activity is completed, have the students sit down. 5. Ask the students if their heart rates went up. Discuss why their HR went up into YELLOW and/or RED Zone. Discuss how they might have felt while doing this activity. 6. Ask and discuss if they think their HR could go up without doing any physical activity. Why? 7. Discuss what types of feelings would make their HR go into YELLOW and RED. (For example: Scared, Frustrated, Mad, Worried, Excited, Anxious) 8. Ask the students by the show of thumbs up or down, when you are angry or mad do you think your heart rate would go up or down? 9. Discuss some techniques that students can use to lower their HR when it shows as YELLOW and RED on the heart rate monitor. **Closure (Assessment of Lesson)** Answer the questions on the student task sheet.
5 min	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 does the Yellow/Red zone mean? What is an Emotion? What emotions can someone be feeling in the BLUE zone? What emotions can someone be feeling in the Yellow/Red zone? What are some things that might make you Sad and/or Overwhelmed? What are some things that might make you Elated and/or Overjoyed? **Materials** • IHT Zone wrist based HRM