



LESSON PLAN E

COOL DOWN

Time Frame: 15–30 minutes

Materials:

- Paper cups
- Drinking water (tap water cooled in fridge)
- Small water pitchers
- Sliced cucumbers and another high-water-content fruits or vegetables listed below

Part A. “Cool Down” Snack and Discussion

Instructions:

If you have child-sized pitchers, let students pour their own water into cups. Or, if you have a sink in your classroom, let children fill their own cups from the faucet. Simple things like this help children get in the habit of drinking water when they're thirsty. Plus, it helps build independence and practical life skills.

Sit in a circle on the floor and ask for two volunteers to pass plates of sliced cucumbers and one other fruit or vegetable of choice (see the list in the discussion notes below).

Discussion Points:

After we run and play, it's important to cool down and have a drink of water.

Did you know that more than half your body is made of water? We use up a lot whenever we run and play, so then we need put water back in bodies.

Along with drinking water and milk, there's another way we can add water to our bodies: By eating fruits and vegetables that are high in water! Which ones are those?

1. Cucumbers are made of almost all water! (96%) Iceberg lettuce has just as much. So they are tied for first place.
2. Celery comes in second place. (95%)
3. Watermelon is very high in water, too! (92%) Strawberries have just as much. Green peppers, too! So watermelon, strawberries and green peppers are tied for third place.
4. Cantaloupe comes in fourth. (90%)
5. Oranges and pineapple come next, tied for fourth place. (87%)

Part B. “Wind Down” Breathing and Yoga Exercises

End your cool down with some simple yoga poses or yoga breathing exercises. There are many popular books for children. Choose one of the following recommended titles or ask your local or school librarian for suggestions.

Breathe Like a Bear: 30 Mindful Moments for Kids to Feel Calm and Focused Anytime, Anywhere by Kira Willey (Author), Anni Betts (Illustrator)

https://www.amazon.com/Breathe-Like-Bear-Mindful-Anywhere/dp/1623368839/ref=tmm_pap_swatch_0?encoding=UTF8&qid=&sr=

This collection of mindfulness exercises is designed to teach kids techniques for managing their bodies, breath and emotions. Best of all, these 30 simple, short breathing practices and movements can be performed anytime, anywhere. (Grade Level: Pre-K–2)

I Am Yoga by Susan Verde (Author), Peter H. Reynolds (Illustrator)

https://www.amazon.com/I-Am-Yoga-Susan-Verde-ebook/dp/B00YUZA0SI/ref=sr_1_3?s=books&ie=UTF8&qid=1528903454&sr=1-3&keywords=childrens+books+by+age+3-5+yoga

An eagle soaring among the clouds or a star twinkling in the night sky . . . a camel in the desert or a boat sailing across the sea—yoga has the power of transformation. Not only does it strengthen bodies and calm minds, but with a little imagination, it can show us that anything is possible. (Grade Level: Pre-K–2)

I Am Peace: A Book of Mindfulness by Susan Verde (Author), Peter H. Reynolds (Illustrator)

https://www.amazon.com/I-Am-Peace-Book-Mindfulness/dp/141972701X/ref=pd_sbs_14_3?encoding=UTF8&pd_rd_i=141972701X&pd_rd_r=0819238c-6fld-11e8-9aef-6179505da048&pd_rd_w=VKPNu&pd_rd_wg=B6z7q&pf_rd_i=desktop-dp-sims&pf_rd_m=ATVPDKIKX0DER&pf_rd_p=5825442648805390339&pf_rd_r=SWG0XXTB349AIE9F8VXT&pf_rd_s=desktop-dp-sims&pf_rd_t=40701&psc=1&refRID=SWG0XXTB349AIE9F8VXTA

When the world feels chaotic, find peace within through an accessible mindfulness practice from the bestselling picture-book dream team that brought us *I Am Yoga*. Express emotions through direct speech. Find empathy through imagination. Breathe and be present. (Grade Level: Pre-K–2)

Family Connection:

MyPlate Resources for Parents and Caregivers:

- [Physical Activity for Preschoolers](#)
- [Healthy Tips for Active Play](#)
- [10 Tips: Be an Active Family](#)

Standards Alignment:

NAEYC

2.E.04 Children have varied opportunities to (a) be read books in an engaging manner in group or individualized settings at least twice a day in full-day programs and once daily in half-day programs; (g) engage in conversations that help them understand the content of the book.

2.A.10 The curriculum guides teachers to incorporate content, concepts, and activities that foster social, emotional, physical, language, and cognitive development and integrate key areas of content including literacy, science, and health and safety.

Head Start Child Development and Early Learning Framework

2.4 (Prekindergarten): Distinguishes food on a continuum from most healthy to less healthy.

2.5 (Prekindergarten): Eats a variety of nutritious foods.