

The Subject of Self

LESSON 1 | EARLY ELEMENTARY

This worksheet gives you space to express your thoughts and feelings. On the reverse side of this handout, you'll find emotional and physical workouts that will help you reflect.

This is what reflection means to me.

This is what the Subject of Self means to me.

The Subject of Self

EMOTIONAL WORKOUTS

1. Close your eyes. What do you see in your mind when you think of the following words: A) Self B) Reflection C) Self-Reflection

2. Do you spend time reflecting on what's going on around you? Your actions? The actions of others? Your goals/dreams for your future?

3. How can physical reflection be helpful? How can emotional reflection be helpful?

4. What makes you nervous about studying the Subject of Self? What makes you excited about studying the Subject of Self?

5. What is one thing you learned about yourself through your responses? Share with a classmate or family member.

PHYSICAL WORKOUTS

subjectofself.org/workouts

Confident

Empathy

Respect

Grateful

Calm

Emotional Weight

LESSON 2 | EARLY ELEMENTARY

This worksheet gives you space to express your thoughts and feelings. On the reverse side of this handout, you'll find emotional and physical workouts that will help you reflect.

Mookie was an ant with a bad attitude, while **Gorbit** was an elephant with a really good mood. **Gorbit** lived in the jungle, **Mookie** lived on a mound, and they both weighed the same—20,000 pounds!

Even though **Mookie** was much smaller and fit, his choice of words made him as heavy as **Gorbit**! **Mookie's** words left him upset and full of fear, while **Gorbit's** words gave him energy and cheer.

Emotional Weight

EMOTIONAL WORKOUTS

1. Close your eyes. What do you see in your mind when you think of the following words/phrases: A) Bad attitude B) Good mood C) Upset D) Cheer

2. What does a “bad attitude” look like on someone’s face? How might their body look?

3. How does your body feel when you are in a bad mood? How does your body feel when you are in a good mood?

4. How does your mind feel when you are in a bad mood? How does your mind feel when you are in a good mood?

5. What is one thing you learned about yourself through your responses? Share with a classmate or family member.

PHYSICAL WORKOUTS

subjectofself.org/workouts

Angry

Happy

Frustrated

Grateful

Calm

The Weight of Words

LESSON 3 | EARLY ELEMENTARY

This worksheet gives you space to express your thoughts and feelings. On the reverse side of this handout, you'll find emotional and physical workouts that will help you reflect.

These are light words.

These are heavy words.

The Weight of Words

EMOTIONAL WORKOUTS

1. Close your eyes. What do you see in your mind when you think of the following words: A) Light B) Heavy

2. Imagine that you are eating words for breakfast. What are some light words that you might eat? What are some heavy words that you might eat?

3. How do light words make you feel? How do heavy words make you feel?

4. Why is it important to think about the words we use?

5. What is one thing you learned about yourself through your responses? Share with a classmate or family member.

PHYSICAL WORKOUTS

subjectofself.org/workouts

Confident

Worry

Respect

Empathy

Calm

NAME :

DATE :

Emotional + Physical Exercise

This worksheet gives you space to express your thoughts and feelings. On the reverse side of this handout, you'll find emotional and physical workouts that will help you reflect.

Mookie the ant taught **Gorbit** the elephant how to do push-ups and run, while **Gorbit** taught **Mookie** how to be happy and have fun.

Using lighter words made **Mookie's** mind brighter, while exercising his body made **Gorbit** a lot tighter.

Emotional + Physical Exercise

EMOTIONAL WORKOUTS

1. Close your eyes. What do you see in your mind when you think of the following words: A) Happy B) Fun

2. What might Mookie's favorite physical exercise be?

3. What might Gorbit's favorite physical exercise be?

4. What is your favorite physical exercise?

5. What is one thing you learned about yourself through your responses? Share with a classmate or family member.

PHYSICAL WORKOUTS

subjectofself.org/workouts

Happy

Respect

Courage

Perseverance

Calm

My Favorite Things

LESSON 5 | EARLY ELEMENTARY

This worksheet gives you space to express your thoughts and feelings. On the reverse side of this handout, you'll find emotional and physical workouts that will help you reflect.

These are my favorite things to do.

These are my least favorite things to do.

My Favorite Things

EMOTIONAL WORKOUTS

1. Close your eyes. What do you see in your mind when you think of the word favorite?

2. What is your favorite game? What is your least favorite game?

3. What is your favorite song? How does your body feel when you hear it?

4. What is your favorite type of weather? How do you feel in your favorite weather?

5. What is one thing you learned about yourself through your responses? Share with a classmate or family member.

PHYSICAL WORKOUTS

subjectofself.org/workouts

Grateful

Imagine

Confident

Safe

Calm

Connect with Oopa

LESSON 6 | EARLY ELEMENTARY

This worksheet gives you space to express your thoughts and feelings. On the reverse side of this handout, you'll find emotional and physical workouts that will help you reflect.

My name is **Oopa**, and my MAGIC WORD is CONNECT. I love to talk, and I'm happy we just met.

Did you know that you have a MAGIC WORD too? A MAGIC WORD that perfectly describes you. The best MAGIC WORD for you = your heart's favorite thing to do.

Connect with Oopa

EMOTIONAL WORKOUTS

1. Close your eyes. What do you see in your mind when you think of the following words/phrases: A) Connect B) Heart C) MAGIC WORD

2. Whom do you connect with in your life?

3. How do you stay connected to people you care about?

4. How do you stay connected to yourself?

5. What is one thing you learned about yourself through your responses? Share with a classmate or family member.

PHYSICAL WORKOUTS

subjectofself.org/workouts

Happy

Confident

Empathy

Respect

Calm

MAGIC WORD Power

LESSON 7 | EARLY ELEMENTARY

This worksheet gives you space to express your thoughts and feelings. On the reverse side of this handout, you'll find emotional and physical workouts that will help you reflect.

What is a MAGIC WORD?

What can a MAGIC WORD do?

EMOTIONAL WORKOUTS

1. Close your eyes. What do you see in your mind when you think of a “magic” word?

2. Words can be very powerful. What are some words that have the power to change the way you are feeling?

3. What words would you use to describe yourself?

4. What words do your friends and family use to describe you?

5. What is one thing you learned about yourself through your responses? Share with a classmate or family member.

PHYSICAL WORKOUTS

subjectofself.org/workouts

Empathy

Confident

Frustrated

Perseverance

Calm

Happy with Inka

LESSON 8 | EARLY ELEMENTARY

This worksheet gives you space to express your thoughts and feelings. On the reverse side of this handout, you'll find emotional and physical workouts that will help you reflect.

My name is **Inka**, and my MAGIC WORD is HAPPY.
I love to laugh and eat lots of taffy.

When I feel sad, I act out and get mad. So I try to
be happy and sing songs that are snappy.

Happy with Inka

EMOTIONAL WORKOUTS

1. Close your eyes. What do you see in your mind when you think of the following words: A) Happy B) Laugh C) Sad D) Mad

2. Imagine Inka in an environment that makes her happy. Does she feel happiest at the beach? School? Her bedroom?

3. What are some things that make you feel happy?

4. When Inka feels sad, she acts out and gets mad. Have you ever felt this way?

5. What is one thing you learned about yourself through your responses? Share with a classmate or family member.

PHYSICAL WORKOUTS

subjectofself.org/workouts

Angry

Happy

Perseverance

Confident

Calm

Alert with Wiggly

LESSON 9 | EARLY ELEMENTARY

This worksheet gives you space to express your thoughts and feelings. On the reverse side of this handout, you'll find emotional and physical workouts that will help you reflect.

My name is **Wiggly**. I'm a whale who lives in the Atlantic. I've been separated from my mom, and often feel frantic. My MAGIC WORD is ALERT because I don't like to get hurt.

My best friend is **Wally** because he doesn't judge. He cares for me deeply and shows me love.

Alert with Wiggly

EMOTIONAL WORKOUTS

1. Close your eyes. What do you see in your mind when you think of the following words: A) Frantic B) Alert C) Care D) Love

2. How might someone's body look when they are alert?

3. Think of someone in your life who shows you love and doesn't judge you. How do you feel when you are with this person?

4. What are ways that you protect yourself from harm?

5. What is one thing you learned about yourself through your responses? Share with a classmate or family member.

PHYSICAL WORKOUTS

subjectofself.org/workouts

Empathy

Angry

Safe

Grateful

Calm

Fix with Bino

LESSON 10 | EARLY ELEMENTARY

This worksheet gives you space to express your thoughts and feelings. On the reverse side of this handout, you'll find emotional and physical workouts that will help you reflect.

My name is **Bino**, and my MAGIC WORD is FIX. I'm always busy building things with sticks.

My teacher, family, and friends helped me find my MAGIC WORD that is one-of-a-kind.

My MAGIC WORD lives in my heart and helps me greatly. I know when I'm 15 or even 50, I'll practice it daily.

Fix with Bino

EMOTIONAL WORKOUTS

1. Close your eyes. What do you see in your mind when you think of the following words: A) Build B) Fix

2. What is an object that can be built out of sticks? A picture frame? A bridge? A house?

3. What is something (an item, a situation, etc.) that you have fixed?

4. Who is someone in your life that loves to fix things?

5. What is one thing you learned about yourself through your responses? Share with a classmate or family member.

PHYSICAL WORKOUTS

subjectofself.org/workouts

Perseverance

Courage

Confident

Frustrated

Calm

My MAGIC WORD (Part 1)

LESSON 11 | EARLY ELEMENTARY

This worksheet gives you space to express your thoughts and feelings. On the reverse side of this handout, you'll find emotional and physical workouts that will help you reflect.

My MAGIC WORD is _____.

This is how I practice my MAGIC WORD.

My MAGIC WORD (Part 1)

EMOTIONAL WORKOUTS

1. Close your eyes. What do you see in your mind when you think of the following word: A) Practice

2. What are some words that might be your MAGIC WORD?

3. What are some words that are definitely not your MAGIC WORD?

4. What is your "heart's favorite thing to do?"

5. What is one thing you learned about yourself through your responses? Share with a classmate or family member.

PHYSICAL WORKOUTS

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Perseverance

Respect

Happy

Grateful

Calm

Create with Lini

LESSON 12 | EARLY ELEMENTARY

This worksheet gives you space to express your thoughts and feelings. On the reverse side of this handout, you'll find emotional and physical workouts that will help you reflect.

My name is **Lini**, and MAGIC WORD is CREATE. I love to make art and eat orange grapes!

When I feel lonely, I stop to create. Then I get out of my funk and start to feel great!

Create with Lini

EMOTIONAL WORKOUTS

1. Close your eyes. What do you see in your mind when you think of the following words: A) Create B) Art C) Lonely

2. How might a person look when they are being creative? Do they paint? Write stories? Sew clothing? Design a building?

3. What is something that you have created?

4. Who is someone in your life that loves to create?

5. What is one thing you learned about yourself through your responses? Share with a classmate or family member.

PHYSICAL WORKOUTS

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Angry

Confident

Empathy

Courage

Calm

Loyalty with Sir Richard V

LESSON 13 | EARLY ELEMENTARY

This worksheet gives you space to express your thoughts and feelings. On the reverse side of this handout, you'll find emotional and physical workouts that will help you reflect.

Sir Richard V was a famous light bulb in Central Park. He had 12 siblings that gave New York City a spark. His MAGIC WORD was LOYALTY and he was royalty.

At dinner, his famous family would recite, "Stand proud, shine bright, we're New Yorkers tonight!"

Loyalty with Sir Richard V

EMOTIONAL WORKOUTS

1. Close your eyes. What do you see in your mind when you think of the following words/phrases: A) Spark B) Loyalty C) New York City D) Proud

2. There is no such thing as a “normal” family. What does this mean to you?

3. How do you define “family?”

4. What makes your family unique?

5. What is one thing you learned about yourself through your responses? Share with a classmate or family member.

PHYSICAL WORKOUTS

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Respect

Safe

Happy

Grateful

Calm

My Friends and Family

LESSON 14 | EARLY ELEMENTARY

This worksheet gives you space to express your thoughts and feelings. On the reverse side of this handout, you'll find emotional and physical workouts that will help you reflect.

This is how my family describes me. This is what we do together.

This is how my friends describe me. This is what we do together.

My Friends and Family

EMOTIONAL WORKOUTS

1. Close your eyes. What do you see in your mind when you think of the following words: A) Family B) Friends

2. What are some of the activities you like to do with your family? What are some of the activities you like to do with your friends?

3. Do you play a specific role in your family? The oldest? The funniest?

4. Do you act differently when you are with your friends than you do when you are with your family?

5. What is one thing you learned about yourself through your responses? Share with a classmate or family member.

PHYSICAL WORKOUTS

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Empathy

Confident

Frustrated

Perseverance

Calm

Fair with Titan

LESSON 15 | EARLY ELEMENTARY

This worksheet gives you space to express your thoughts and feelings. On the reverse side of this handout, you'll find emotional and physical workouts that will help you reflect.

Titan was a turtle and a General in the Army. His MAGIC WORD was FAIR. Some creatures were scared of him. But from a single cricket to a family of ants, he gave every stranger a chance.

He promised crackers and a bed to all sorts of critters. His only rule was, "Treat each other like family, and don't litter."

Fair with Titan

EMOTIONAL WORKOUTS

1. Close your eyes. What do you see in your mind when you think of the following words/phrases: A) Fair B) Scared C) "Like family"

2. How can you "treat others like family?"

3. Is there someone in your community who is not related to you, but is "like family?"

4. What makes our classroom family special and unique? What is your role in our classroom family?

5. What is one thing you learned about yourself through your responses? Share with a classmate or family member.

PHYSICAL WORKOUTS

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Worry

Courage

Respect

Safe

Calm

A Better Place

LESSON 16 | EARLY ELEMENTARY

This worksheet gives you space to express your thoughts and feelings. On the reverse side of this handout, you'll find emotional and physical workouts that will help you reflect.

If people did this, the world would be a better place.

If people stopped doing this, the world would be a better place.

A Better Place

EMOTIONAL WORKOUTS

1. Close your eyes. What do you see in your mind when you think of the following words/phrases: A) World B) Better place

2. Imagine if you could create your perfect world. What would it look like? Who would live there?

3. What is one thing that you can do to help make the world a better place?

4. What is one thing that you can stop doing to help make the world a better place?

5. What is one thing you learned about yourself through your responses? Share with a classmate or family member.

PHYSICAL WORKOUTS

subjectofself.org/workouts

Grateful

Happy

Empathy

Angry

Calm

Solve with So and Pro

LESSON 17 | EARLY ELEMENTARY

This worksheet gives you space to express your thoughts and feelings. On the reverse side of this handout, you'll find emotional and physical workouts that will help you reflect.

My name is **So** and I have a twin brother, **Pro**. We both have the same MAGIC WORD: SOLVE! We are both mechanics and can fix anything in sight; as solution-finders, we try to unite.

One time, we were able to mend a table. Our friend **Arthur** broke it and he couldn't fix it. **Pro** exclaimed the problem: "The table lost one of its legs." And I exclaimed the solution: "Let's make it a 3-legged table!"

Solve with So and Pro

EMOTIONAL WORKOUTS

1. Close your eyes. What do you see in your mind when you think of the following word: A) Solution

2. Do you know any twins? Do you imagine So and Pro as identical twins or fraternal twins? Are they humans? Animals? Robots?

3. Whom can you turn to for help/support when you have a problem in your life?

4. Who is someone that turns to you when they need help solving problems in their life?

5. What is one thing you learned about yourself through your responses? Share with a classmate or family member.

PHYSICAL WORKOUTS

subjectofself.org/workouts

Perseverance

Confident

Respect

Frustrated

Calm

My School Year

LESSON 18 | EARLY ELEMENTARY

This worksheet gives you space to express your thoughts and feelings. On the reverse side of this handout, you'll find emotional and physical workouts that will help you reflect.

TODAY'S DATE :

Reflect on how the school year is going so far.

What do you think the future will look like?

DRAW IT OUT 

My School Year

EMOTIONAL WORKOUTS

1. Close your eyes. What do you see in your mind when you think of the following word: A) Future

2. What has been a low point of your school year so far? What has been a high point?

3. What emotions do you feel when you think about completing this school year?

4. What goal might you set for yourself for the remainder of the school year?

5. What is one thing you learned about yourself through your responses? Share with a classmate or family member.

PHYSICAL WORKOUTS

subjectofself.org/workouts

Courage

Safe

Angry

Confident

Calm

When I Grow Up

LESSON 19 | EARLY ELEMENTARY

This worksheet gives you space to express your thoughts and feelings. On the reverse side of this handout, you'll find emotional and physical workouts that will help you reflect.

This is what I want to be when I grow up.

This is how my MAGIC WORD can help me.

When I Grow Up

EMOTIONAL WORKOUTS

1. Close your eyes. What do you see in your mind when you think of the following phrase: A) Grow up

2. Reflect on what you imagine your life to be like in 20 years.

3. What personal qualities do you feel proud of?

4. What personal accomplishments do you feel proud of?

5. What is one thing you learned about yourself through your responses? Share with a classmate or family member.

PHYSICAL WORKOUTS

subjectofself.org/workouts

Perseverance

Happy

Confident

Courage

Calm

Dedication with Bipsy

LESSON 20 | EARLY ELEMENTARY

This worksheet gives you space to express your thoughts and feelings. On the reverse side of this handout, you'll find emotional and physical workouts that will help you reflect.

My name is **Bipsy** and I am 11. I love to play basketball; it's my heaven. My MAGIC WORD is DEDICATION. I want to compete for our nation.

Each night after dinner, I watch an NBA game. At night when I sleep, my hoop dreams are insane! I wake up each morning, excited to play. After a healthy breakfast, I practice all day.

Dedication with Bipsy

EMOTIONAL WORKOUTS

1. Close your eyes. What do you see in your mind when you think of the following words: A) Dedication B) Excited C) Breakfast

2. What is Bipsy's favorite thing to do? What are some things that you love to do?

3. What is one thing that you are dedicated to? Why is this thing so important to you?

4. Have you ever faced any obstacles to your commitment? What are some ways you could overcome those obstacles?

5. What is one thing you learned about yourself through your responses? Share with a classmate or family member.

PHYSICAL WORKOUTS

subjectofself.org/workouts

Happy

Confident

Perseverance

Frustrated

Calm

Perspective with Mike

LESSON 21 | EARLY ELEMENTARY

This worksheet gives you space to express your thoughts and feelings. On the reverse side of this handout, you'll find emotional and physical workouts that will help you reflect.

My name is **Mike**, and my MAGIC WORD is PERSPECTIVE. I have special magnifying glasses that affect how I see the world. I used to wear them all the time. When I wore them, I would see things bigger than they actually were – like the time I thought a pebble was a mountain. Sometimes I would see things smaller than they actually were – like the time I thought a bear was a puppy.

When I take my glasses off, I see the world differently. Things are no longer exaggerated. A pebble is a pebble and a bear is a bear! When I take my glasses off, I have a new point of view; I see things as they really are.

Perspective with Mike

EMOTIONAL WORKOUTS

1. Close your eyes. What do you see in your mind when you think of the following words: A) Exaggerate B) Bear C) Puppy D) Point of view

2. Why might someone make something sound bigger than it actually is? Why might someone make something sound smaller than it actually is?

3. Reflect on a time when you made something sound bigger than it really was.

4. Reflect on a time when you made something sound smaller than it really was.

5. What is one thing you learned about yourself through your responses? Share with a classmate or family member.

PHYSICAL WORKOUTS

subjectofself.org/workouts

Empathy

Courage

Worry

Angry

Calm

My Special Item

LESSON 22 | EARLY ELEMENTARY

This worksheet gives you space to express your thoughts and feelings. On the reverse side of this handout, you'll find emotional and physical workouts that will help you reflect.

This is something I wear that is special to me.

When I wear it, I feel _____.

My Special Item

EMOTIONAL WORKOUTS

1. Close your eyes. What do you see in your mind when you think of the following word: A) Special

2. What makes your special item important to you?

3. Who gave you your special item?

4. Does your special item have a special memory attached to it?

5. What is one thing you learned about yourself through your responses? Share with a classmate or family member.

PHYSICAL WORKOUTS

subjectofself.org/workouts

Confident

Grateful

Respect

Safe

Calm

When I am Quiet

LESSON 23 | EARLY ELEMENTARY

This worksheet gives you space to express your thoughts and feelings. On the reverse side of this handout, you'll find emotional and physical workouts that will help you reflect.

This is a picture of me, quiet and listening.

When I am quiet and listening, this is what I hear.

When I am Quiet

EMOTIONAL WORKOUTS

1. Close your eyes. What do you hear when you are quiet?

2. How does being quiet help you hear what is going on around you?

3. How does being quiet help you hear what is going on inside of you?

4. How do you feel when you are quiet?

5. What is one thing you learned about yourself through your responses?
Share with a classmate or family member.

PHYSICAL WORKOUTS

subjectofself.org/workouts

Empathy

Safe

Courage

Respect

Calm

Listen with Breath

LESSON 24 | EARLY ELEMENTARY

This worksheet gives you space to express your thoughts and feelings. On the reverse side of this handout, you'll find emotional and physical workouts that will help you reflect.

My name is **Breath**. I'm everyone's friend, and my MAGIC WORD is LISTEN.

When you are quiet, you can hear me. When I am quiet, I can hear you. I'm always there for you to listen.

Listen with Breath

EMOTIONAL WORKOUTS

1. Close your eyes. What do you see in your mind when you think of the following words: A) Friend B) Listen

2. What do you imagine your breath looks like?

3. What is a quiet place where you can be alone with your thoughts?

4. What thoughts do you hear in your mind when you are quiet?

5. What is one thing you learned about yourself through your responses? Share with a classmate or family member.

PHYSICAL WORKOUTS

subjectofself.org/workouts

Empathy

Confident

Worry

Perseverance

Calm

Where I Live

LESSON 25 | EARLY ELEMENTARY

This worksheet gives you space to express your thoughts and feelings. On the reverse side of this handout, you'll find emotional and physical workouts that will help you reflect.

I live in _____.

This is my favorite thing about my city/town.

Where I Live

EMOTIONAL WORKOUTS

1. Close your eyes. What do you see in your mind when you think of the following words: A) City B) Town

2. What is special about your city/town?

3. What are your favorite places to visit in your city/town?

4. What are your favorite things to do in your city/town?

5. What is one thing you learned about yourself through your responses? Share with a classmate or family member.

PHYSICAL WORKOUTS

subjectofself.org/workouts

Respect

Safe

Happy

Empathy

Calm

Confidence with Larry

LESSON 26 | EARLY ELEMENTARY

This worksheet gives you space to express your thoughts and feelings. On the reverse side of this handout, you'll find emotional and physical workouts that will help you reflect.

Hey! How ya doin'? My name is **Larry Goldstein**. My friends call me **Larry**. You can call me **Larry**, too! My MAGIC WORD....well, it's two, of course...NEW YORK. Okay, okay...if I have to pick one, it's CONFIDENCE.

Look, I'm from Brooklyn. Brooklyn, New York. Here's the thing about me: I've got the best job in the world. I'm a cabbie in the best city in the world—New York City! We have the best pizza. We have the best theater. We have the best shopping. I just love driving all kinds of people all around my city.

Confidence with Larry

EMOTIONAL WORKOUTS

1. Close your eyes. What do you see in your mind when you think of the following words/phrases: A) Confidence B) New York City C) Taxi cab

2. If you met Larry, what do you think you would talk about?

3. What are some places where you don't feel completely confident being yourself? When was a time in your life that you felt completely comfortable being yourself?

4. What is something you love about yourself?

5. What is one thing you learned about yourself through your responses? Share with a classmate or family member.

PHYSICAL WORKOUTS

subjectofself.org/workouts

Confident

Grateful

Angry

Respect

Calm

My Perfect Place

LESSON 27 | EARLY ELEMENTARY

This worksheet gives you space to express your thoughts and feelings. On the reverse side of this handout, you'll find emotional and physical workouts that will help you reflect.

This is what my perfect place looks like.

DRAW IT OUT 

My Perfect Place

EMOTIONAL WORKOUTS

1. Close your eyes. What do you see in your mind when you think of the following phrase: A) Perfect place

2. What items, elements of nature, colors, and people are in your perfect place?

3. Is your perfect place real or imaginary?

4. How does your perfect place make you feel?

5. What is one thing you learned about yourself through your responses? Share with a classmate or family member.

PHYSICAL WORKOUTS

subjectofself.org/workouts

Safe

Happy

Grateful

Courage

Calm

The Perfect Tree

LESSON 28 | EARLY ELEMENTARY

This worksheet gives you space to express your thoughts and feelings. On the reverse side of this handout, you'll find emotional and physical workouts that will help you reflect.

There once was a girl who met a perfect tree. She loved every flower, every leaf, and every branch. She loved every bit, you see. She didn't want anything about it to ever change. It was only she and her perfect tree, and she wanted to play together, always and forever.

One day, her perfect tree lost a flower. She was so mad and told the tree, "Stop it!" The tree couldn't stop and began to lose all his flowers. The girl was so upset that she ran inside so she wouldn't see. The perfect tree looked so sad. His friend was upset, and he didn't know why. The girl went outside and hugged the tree. She picked up the fallen flowers and put them in her hair. She liked them so much that she made them into a tiara. She loved every flower, every leaf, and every branch. She loved every bit, you see. What could her MAGIC WORD be?

The Perfect Tree

EMOTIONAL WORKOUTS

1. Close your eyes. What do you see in your mind when you think of the following words: A) Tree B) Flowers C) Upset

2. Why do you think the little girl was upset? Why do you think the little girl went back outside to hug the tree?

3. Have you ever felt upset with someone? Are you still upset with them today?

4. The little girl hugs the tree while he is sad. Besides hugs, what are some other ways to make a friend feel better when they are feeling sad?

5. What is one thing you learned about yourself through your responses? Share with a classmate or family member.

PHYSICAL WORKOUTS

subjectofself.org/workouts

Angry

Worry

Empathy

Perseverance

Calm

Friendship

LESSON 29 | EARLY ELEMENTARY

This worksheet gives you space to express your thoughts and feelings. On the reverse side of this handout, you'll find emotional and physical workouts that will help you reflect.

This is what friendship looks like.

DRAW IT OUT 

Friendship

EMOTIONAL WORKOUTS

1. Close your eyes. What do you see in your mind when you think of the following word: A) Friendship

2. Reflect on things you do with your friends. How do you feel when you are with your friends?

3. How do you act when you are with your friends?

4. What are qualities that you look for in a new friend?

5. What is one thing you learned about yourself through your responses? Share with a classmate or family member.

PHYSICAL WORKOUTS

subjectofself.org/workouts

Grateful

Happy

Respect

Frustrated

Calm

The Changing Tree

LESSON 30 | EARLY ELEMENTARY

This worksheet gives you space to express your thoughts and feelings. On the reverse side of this handout, you'll find emotional and physical workouts that will help you reflect.

There once was a girl who met a perfect tree. She loved every flower, every leaf, and every branch. She loved every bit, you see. She didn't want anything about it to ever change. It was only she and her perfect tree, and she wanted to play together, always and forever.

But then one day, her perfect tree lost a branch. She was so mad and told the tree, "Stop it!" The tree couldn't stop and began to lose more branches. The girl was so upset that she ran inside so she wouldn't see. The next morning, she peeked out the window to see if it had been a bad dream. But it wasn't; many branches were broken and covered in snow. She went and asked the tree, "What are you going to do next?" The tree answered, "I don't know. I'll just be here. Do you want to wait with me?" What could the tree's MAGIC WORD be?

The Changing Tree

EMOTIONAL WORKOUTS

1. Close your eyes. What do you see in your mind when you think of the following word: A) Change

2. Change can be difficult. Think of a time when you found it difficult to accept a change in your life.

3. What are some changes that you have accepted in your life?

4. Complete the following sentence by describing how you cope with change in your life: Sometimes when things change, I feel _____, so I try to remember _____.

5. What is one thing you learned about yourself through your responses? Share with a classmate or family member.

PHYSICAL WORKOUTS

subjectofself.org/workouts

Angry

Empathy

Worry

Perseverance

Calm

Gratitude with Ty

LESSON 31 | EARLY ELEMENTARY

This worksheet gives you space to express your thoughts and feelings. On the reverse side of this handout, you'll find emotional and physical workouts that will help you reflect.

There once was a shy butterfly named **Ty**. During recess, **Ty** would sit by himself and enjoy watching all the other butterflies fly around. He admired their beauty, but always wondered why he didn't have bright and colorful spots like everyone else.

Ty asked his colorful classmate, **Lucy**, for help. She put one wing around **Ty** and said, "Every time you sincerely thank someone, you get a bright and colorful spot on your wing to remind you of all the friends you have and all the people who have helped you." **Ty's** MAGIC WORD became GRATITUDE.

Gratitude with Ty

EMOTIONAL WORKOUTS

1. Close your eyes. What do you see in your mind when you think of the following words: A) Butterfly B) Beauty C) Gratitude

2. How might it feel to sit alone at recess, while everyone else is playing and having fun?

3. Ty seems to trust Lucy a lot. Who is a person you can trust in your school?

4. In this story, what can the spots on a butterfly tell you about them?

5. What is one thing you learned about yourself through your responses? Share with a classmate or family member.

PHYSICAL WORKOUTS

subjectofself.org/workouts

Confident

Happy

Worry

Respect

Calm

I'm Thankful for...

LESSON 32 | EARLY ELEMENTARY

This worksheet gives you space to express your thoughts and feelings. On the reverse side of this handout, you'll find emotional and physical workouts that will help you reflect.

Who are the people you are thankful for?

DRAW IT OUT 

I'm Thankful for...

EMOTIONAL WORKOUTS

1. Close your eyes. What do you see in your mind when you think of the following word: A) Thankful

2. Who was the last person that thanked you for something?

3. How do you feel when someone thanks you for something?

4. Whom would you like to thank, but haven't? What would you like to say to them?

5. What is one thing you learned about yourself through your responses? Share with a classmate or family member.

PHYSICAL WORKOUTS

subjectofself.org/workouts

Grateful

Empathy

Courage

Respect

Calm

My Favorite Workout

LESSON 33 | EARLY ELEMENTARY

This worksheet gives you space to express your thoughts and feelings. On the reverse side of this handout, you'll find emotional and physical workouts that will help you reflect.

This is my favorite Oopa Workout.

Moving your body daily is important, so that you can _____.

My Favorite Workout

EMOTIONAL WORKOUTS

1. Close your eyes. What do you see in your mind when you think of the following words: A) Movement B) Oopa workout

2. How does your body feel when you exercise?

3. How does your body feel when you don't exercise?

4. What is your favorite Oopa workout? Why did you choose this workout?

5. What is one thing you learned about yourself through your responses? Share with a classmate or family member.

PHYSICAL WORKOUTS

subjectofself.org/workouts

Student's choice

Student's choice

Student's choice

Student's choice

Calm

My MAGIC WORD (Part 2)

LESSON 34 | EARLY ELEMENTARY

This worksheet gives you space to express your thoughts and feelings. On the reverse side of this handout, you'll find emotional and physical workouts that will help you reflect.

This is my MAGIC WORD.

This is why my MAGIC WORD is important to me.

My MAGIC WORD (Part 2)

EMOTIONAL WORKOUTS

1. Close your eyes. What do you see in your mind when you think of the following phrase: A) MAGIC WORD

2. Why did you choose this to be your MAGIC WORD?

3. What is something that you discovered about yourself by finding your MAGIC WORD?

4. How do you share your MAGIC WORD with others?

5. What is one thing you learned about yourself through your responses? Share with a classmate or family member.

PHYSICAL WORKOUTS

subjectofself.org/workouts

Happy

Grateful

Confident

Courage

Calm