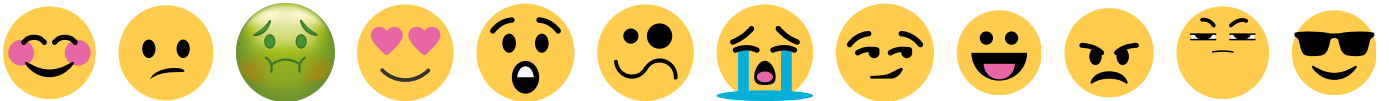


REWIND

your mind & move



REWIND YOUR MIND & MOVE ACTIVITY



Objective

This exciting and interactive activity is designed to support the emotional well-being of your students through the combined power of movement and memory! Foster emotional regulation, social development, and overall wellness by encouraging students to reflect on their past experiences and feelings (Rewind Their Mind). By incorporating this activity during The Daily Mile, you can create a dynamic and positive environment where your students explore and express a diverse range of emotions while they move.

Materials

1. Attached Feeling Cards

Procedure

1. Select an Emotion

- Invite students to vote on an emotion from one of the Rewind Your Mind & Move Feeling cards.

2. Rewind Your Mind

- Encourage students to "Rewind their Mind" to a specific memory related to the chosen emotion. Remind them to think about the details of the memory, such as what happened, & their reactions. Emphasize the importance of reflecting on how they felt during the memory and any insights gained from discussing it with a friend.

3. Set Expectations

4. Remind students create a supportive environment. They should be respectful listeners while they take turns talking about memories. Explain what empathy looks like and encourage students to practice empathy during the partner discussions.

5. Partner Up

- Pair students up with a partner to discuss their "feelings memory" while they do The Daily Mile.

6. The Daily Mile

- Take students outdoors to walk, jog, run or roll during The Daily Mile for 15 minutes. While they move, students will participate in partner discussions about their feelings memory.

7. Flexibility

- Teachers are always welcome to adapt this activity as needed for different age groups and classrooms. Do what works best for you and your students. Enjoy and Have Fun!

8. Share Your Success

- Share photos and stories of how the Shiny Sneakers Recognition Program works for your class! Email us at team@thedailymile.us or find on social media [@thedailymileusa](https://www.instagram.com/thedailymileusa).



HAPPY

Rewind your mind to the last time you were really happy. What happened that made you so happy? How do you show you were happy?



EXCITED

Rewind your mind to a time when you were excited for something. What were you excited for? What did you do? How did you react? If it happened again, would you be just as excited?



CONFIDENT

Rewind your mind to a time when you felt confident that you did something well. What did you do and why? Did you feel satisfied? Did you feel better about yourself?



AFRAID

Rewind your mind to a time when you were scared. What happened? How did you overcome your fear? What would you do in the future if it happened again?



SAD

Rewind your mind to a time when you were sad. What happened? Who did you talk to about it? What did you do to help yourself feel happy again?



ANGRY

Rewind your mind to a time when you were angry. Why were you angry? What did you do? Do you think you could have responded better? What is a good way to channel your anger now?



SURPRISED

Rewind your mind to a time when you were surprised. What happened that surprised you? Why were you surprised?



DISGUSTED

Rewind your mind to a time when you felt disgusted. What were you disgusted with and why? What did your face look like? Did you cover your nose?



CONFUSED

Rewind your mind to a time when you were confused. What were you confused about? How did you feel? Did you ask questions about it?



JEALOUS

Rewind your mind to a time you were jealous of someone else. What were you jealous about? Why were you jealous? Did you pout or whine? What did you do?



LOVED

Rewind your mind to a time you felt most loved. Why did you feel loved? Who made you feel loved? What they do to make you feel that way? How do you show you love someone?



ANNOYED

Rewind your mind to a time you felt annoyed. What were you annoyed about? What did you do about it? Would you have done anything differently if you could? What helped you to calm down?