

I Can't Help It (Lesson Plan)

Narwhals & Waterfalls

Grade Level

PreK-5th Grade

Learning Objective

I can demonstrate self-awareness

I can demonstrate self-management

Demonstration of Learning

Given yoga flashcards, I can demonstrate bodily self-awareness through yoga poses.

Given the Narwhals & Waterfalls "I Can't Help It/Body Check" worksheet, I can demonstrate bodily awareness through completing the matching game.

SEL Standards:

Self Awareness
Self Management

Resources:

N&W Song- ["I Can't Help It"](#)
N&W "I Can't Help It/Body Check"
Worksheet
N&W Yoga Flashcards
N&W Body Scan
N&W "I Can't Help It" Slides

- **Greeting**
 - Give students the option of a high five, hug, fist bump, or hand shake.
- **Circle Time**
 - Explain that today's lesson will be all about checking in with our bodies, and that this will help us learn how to stay calm when we are experiencing a challenging emotion (angry, frustrated, upset, etc.).
 - Discussion: What is your favorite way to stay active/move your body?
- **Body Scan**
 - Ask them how their body feels right now. Is any part of their body sore, tired, or stiff? Have them put a hand on their belly to check their breathing. Are they taking big belly breaths or shallow shoulder breaths?
 - Lead them through the Body Scan Checklist
- **Mindfulness Exercise**
 - Using deep breathing, notice how your body feels. Try to relax every part of your body starting with your head and ending all the way down at your toes.
- Play the song ["I Can't Help It"](#) for them, and ask them to listen carefully for the different body parts- Head, Feet, Back, Ear, Hands, Knees, Legs, Arms, Face. As they hear the different body parts, have them check in with their own.
- Have them complete the N&W "I Can't Help It/Body Check" matching game. The flashcards will need to be cut out first, then matched together.
- Next, lead them through some beginner yoga poses with the N&W yoga flashcards or slideshow, such as the warrior pose, tree pose, cat-cow, and forward fold. They could also do yoga in partners, as long as each group has their own set of flashcards.
- **Body Scan**
 - Ask them how their body feels after doing the yoga poses. Has their breath slowed down, become faster? Do their shoulders feel more relaxed? Is there tension anywhere in their body? Complete Body Scan Checklist.
- Play the song "I Can't Help It," but this time allow them to get up and dance or move their bodies to the song.

