

*Take a*

# Be Kind Break™

be considerate

6<sup>th</sup> – 8<sup>th</sup>  
Grade



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The **Be Kind Pledge** lists 10 skill sets of kindness.  
This month we are focusing on **Be Considerate**.





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## What does CONSIDERATE mean?

The dictionary says considerate means being thoughtful of the rights and feelings of others.

When you are considerate, you are not just thinking about yourself. You put others before yourself and you recognize that you are part of a community. You want what is best for everyone or everything around you.

Being considerate means you pay attention to others and think before you speak.



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## Warm Up

Luna's favorite way to take care of her body is by eating colorful fruits and vegetables and, of course, dancing! One important thing that Luna never forgets is to do a warm up before she gets her groove on with the CREW.

Warming up before any exercise is important because it increases blood flow to your muscles and loosens your joints to prevent injuries during exercises. It's important to take at least 5 minutes to warm up your muscles before doing any sort of exercise.

Here are some of Luna's favorite ways to warm up!

- ❖ Mountain Climbers
- ❖ Jump squats
- ❖ Running in place
- ❖ Burpees
- ❖ Plank



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## Consider Your Body

We only have ONE body! So it's important to take care of it by considering what types of fuel we're using to power our bodies and eat the rainbow!

Eating the rainbow does not mean eating a whole bag of Skittles in one sitting, it means eating a variety fruits and vegetables in every color of the rainbow! By choosing to eat many colors, you're getting many helpful vitamins and minerals to help keep your body healthy and strong. These vitamins and minerals can also help your body bounce back after a vigorous workout!

## Classroom Discussion

- ❖ Think about your favorite fruits and vegetables, do you have a favorite fruit and vegetable for every color of the rainbow?
- ❖ Have you tried a fruit or vegetable in every color? Luna challenges you to add more colors to your plate this week.



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## Academic Standards & References

S3.M12 Warm up/Cool Down Regimen

S3.M1 Physical Activity Knowledge

S3.M17 Balancing nutrition and physical activity

