

# When Things Pass Away

## Week-Long K-5 Physical Education Lesson Plan for Grades K - 5

Theme: *Movement Through Change – Understanding Emotions, Transitions, and Growth*

Grade Levels: K-5

Duration: 5 Days

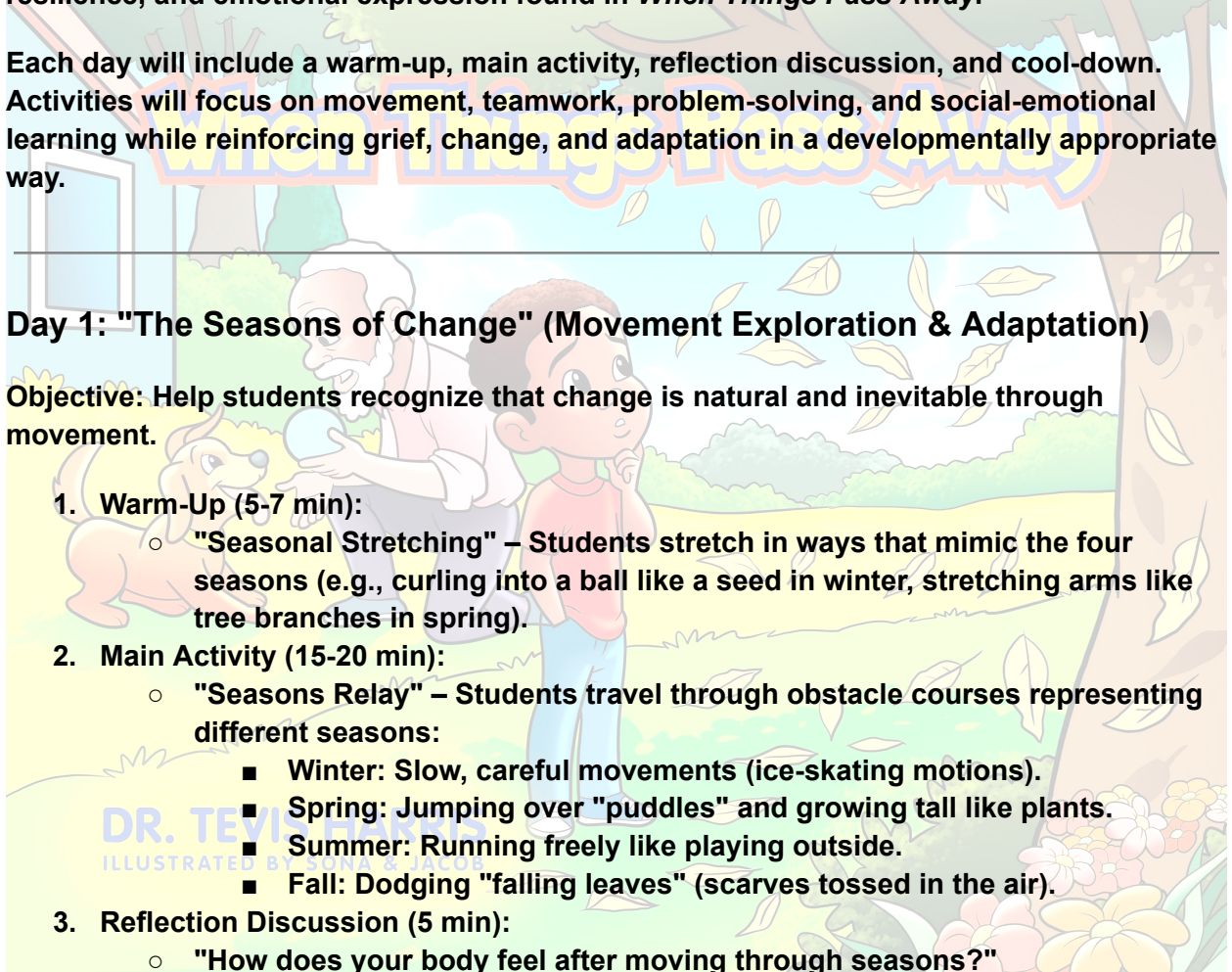
**Objective:** Engage students in physical activities that mirror the themes of change, resilience, and emotional expression found in *When Things Pass Away*.

Each day will include a warm-up, main activity, reflection discussion, and cool-down. Activities will focus on movement, teamwork, problem-solving, and social-emotional learning while reinforcing grief, change, and adaptation in a developmentally appropriate way.

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### Day 1: "The Seasons of Change" (Movement Exploration & Adaptation)

**Objective:** Help students recognize that change is natural and inevitable through movement.

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1. Warm-Up (5-7 min):
- "Seasonal Stretching" – Students stretch in ways that mimic the four seasons (e.g., curling into a ball like a seed in winter, stretching arms like tree branches in spring).
2. Main Activity (15-20 min):
- "Seasons Relay" – Students travel through obstacle courses representing different seasons:
    - Winter: Slow, careful movements (ice-skating motions).
    - Spring: Jumping over "puddles" and growing tall like plants.
    - Summer: Running freely like playing outside.
    - Fall: Dodging "falling leaves" (scarves tossed in the air).
3. Reflection Discussion (5 min):
- "How does your body feel after moving through seasons?"
  - "What season do you think represents a big change?"
4. Cool-Down (5 min):
- "Breath of the Seasons" – Slow breathing to represent seasonal winds.
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### Day 2: "Bridges and Transitions" (Teamwork & Problem-Solving)

**Objective:** Teach students about navigating transitions and working together.

1. Warm-Up (5-7 min):
  - "Step Over, Step Through" – Students navigate through small "bridges" (hula hoops on the floor) and talk about personal transitions (e.g., starting a new grade).
2. Main Activity (15-20 min):
  - "Build a Bridge" – Teams build a path using stepping stones (mats, cones, or ropes) to cross from one side of the gym to the other without touching the floor. They must work together to adapt when challenges arise.
3. Reflection Discussion (5 min):
  - "What was hard about crossing the bridge?"
  - "How does teamwork help during big life changes?"
4. Cool-Down (5 min):
  - "Bridge Pose & Balance" – Yoga poses that strengthen balance and adaptability.

### Day 3: "Feelings Freeze Dance" (Emotional Expression & Movement)

Objective: Encourage healthy emotional expression through music and movement.

1. Warm-Up (5-7 min):
  - "Emotions Charades" – Teacher calls out emotions (happy, sad, excited, worried), and students act them out with full-body motions.
2. Main Activity (15-20 min):
  - "Feelings Freeze Dance" – Students dance freely to music but must freeze in an emotion pose when the music stops. Different songs will represent different moods (e.g., fast-paced for excitement, slow for sadness, bouncy for joy).
3. Reflection Discussion (5 min):
  - "How do different movements make us feel?"
  - "How can movement help us cope with emotions?"
4. Cool-Down (5 min):
  - "Calm & Still" – Guided breathing with gentle rocking or swaying.

### Day 4: "Rising Strong: The Obstacle of Growth" (Resilience & Overcoming Challenges)

Objective: Teach students how to overcome obstacles and keep moving forward.

1. Warm-Up (5-7 min):
  - "Mindful Movements" – Slow, intentional exercises like lunges and reaches.
2. Main Activity (15-20 min):

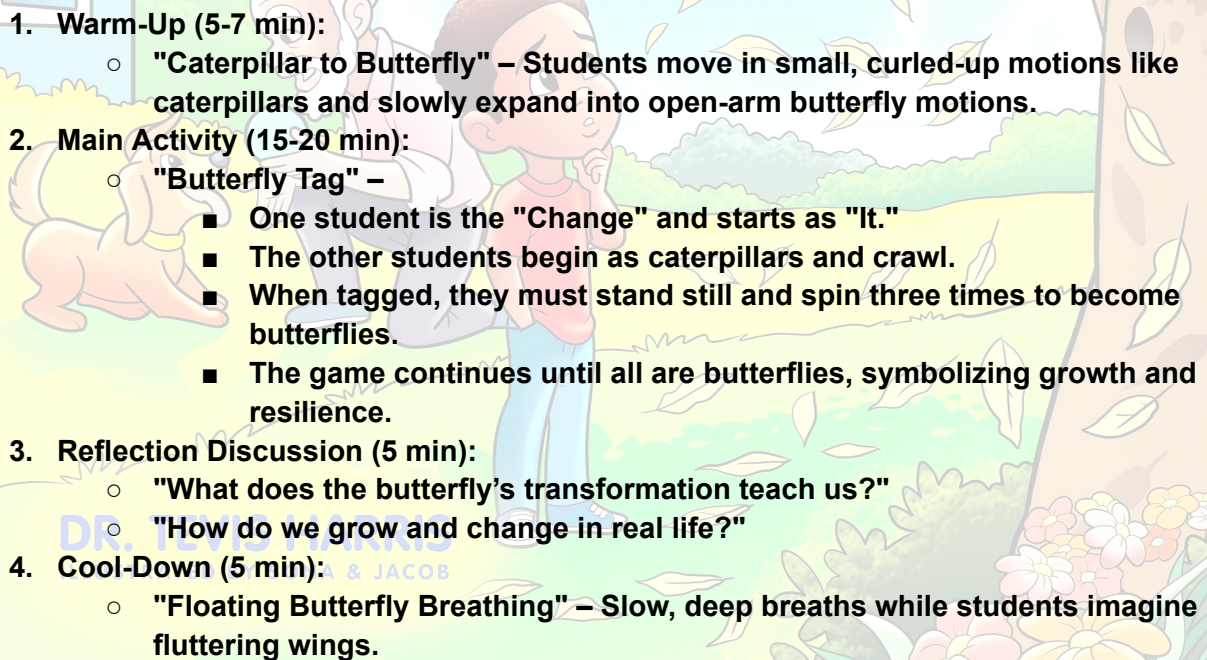
- "Obstacle Course of Growth" – A dynamic course with various challenges (jumping over hurdles, crawling under "low points," climbing over "mountains," and balancing through change).
- When students reach the end, they reflect on how effort and persistence helped them succeed.
- 3. Reflection Discussion (5 min):
  - "What was the hardest part of the obstacle course?"
  - "How did you feel when you finished?"
- 4. Cool-Down (5 min):
  - "Stretching Through Struggles" – Gentle stretching paired with positive affirmations.

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### Day 5: "Butterfly Transformation Tag" (Growth & Change Celebration)

Objective: Reinforce change as a process of growth and transformation.

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- 1. Warm-Up (5-7 min):
    - "Caterpillar to Butterfly" – Students move in small, curled-up motions like caterpillars and slowly expand into open-arm butterfly motions.
  - 2. Main Activity (15-20 min):
    - "Butterfly Tag" –
      - One student is the "Change" and starts as "It."
      - The other students begin as caterpillars and crawl.
      - When tagged, they must stand still and spin three times to become butterflies.
      - The game continues until all are butterflies, symbolizing growth and resilience.
  - 3. Reflection Discussion (5 min):
    - "What does the butterfly's transformation teach us?"
    - "How do we grow and change in real life?"
  - 4. Cool-Down (5 min):
    - "Floating Butterfly Breathing" – Slow, deep breaths while students imagine fluttering wings.

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### Assessment & Reflection:

- Observations: How do students engage with movement and emotions?
- Discussion Responses: Do students connect physical activities to personal and social change?
- Exit Ticket (Optional): Draw or describe a movement that represents their personal growth.



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This 5-day PE lesson plan ties into *When Things Pass Away* by reinforcing change, emotional resilience, teamwork, and growth through fun, age-appropriate movement activities.

