



Enhanced PE Movement

— Recess Rescue —

♥ *The Heartbeat of Every School*

Student Journal



Anthony Caputo

Name: _____

Class: _____



**ENHANCED
PE MOVEMENT**

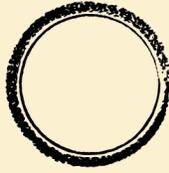
**Anthony Caputo
2026**



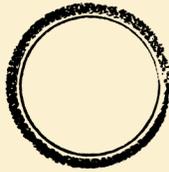
My Mindset Passport



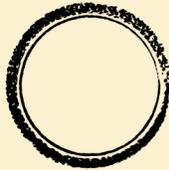
**Deep
Breathing**



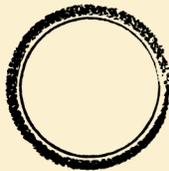
**Identifying
Feelings**



Exercise



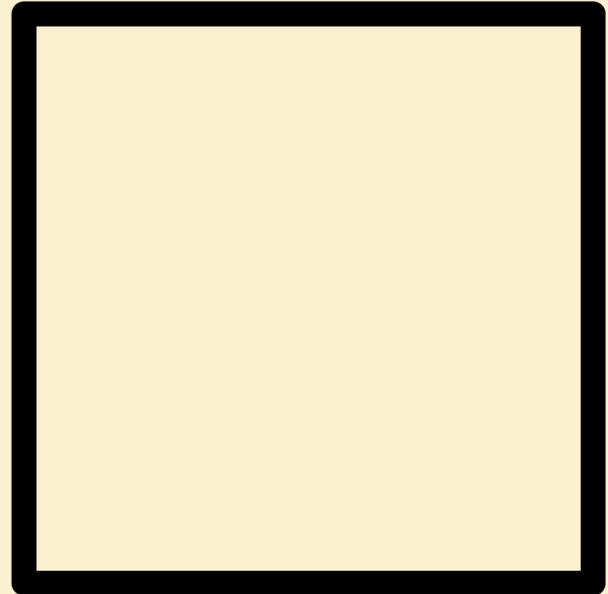
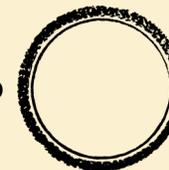
**Cool Down
Strategies**



Listening



**Reset
Ready to
Learn**



**Draw your Mindset
Passport I.D. picture
in the box . Color in
the stamp next to the
social emotional
learning technique
once you feel you
have mastered that
technique.**





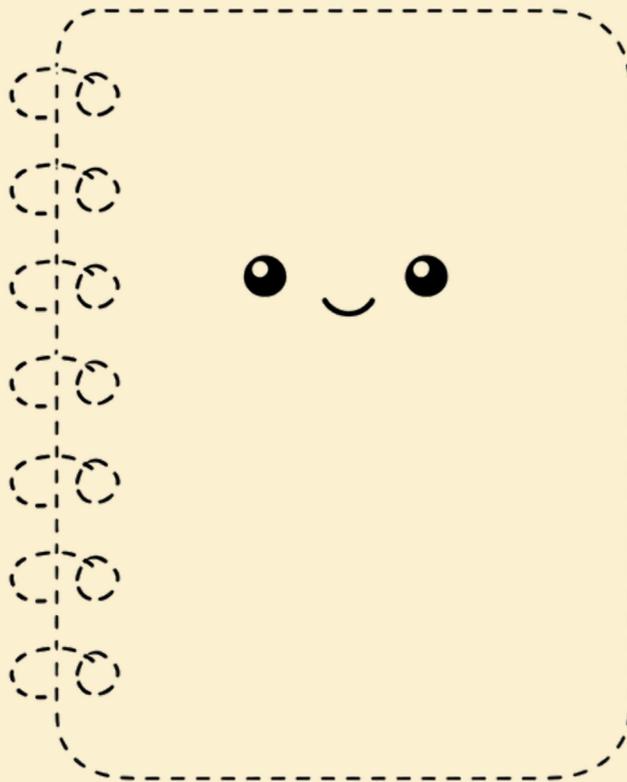


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Deep Breathing:

**Trace and shade the loops of the spiral binding.
Breathe in as you trace up, and out as you trace
down.**



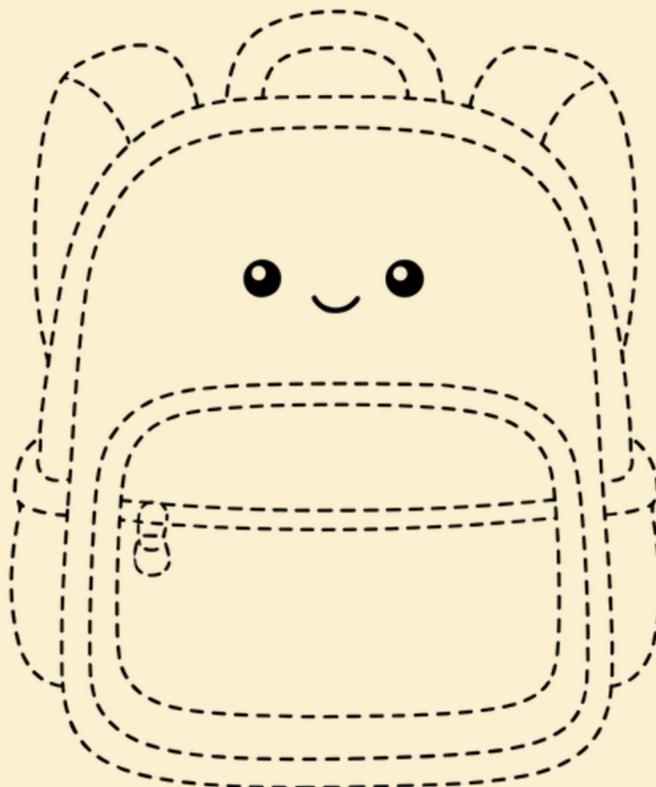


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Identifying Feelings:

Trace and shade your backpack. Inside the front pocket, write or draw the one feeling you carried into the classroom today.



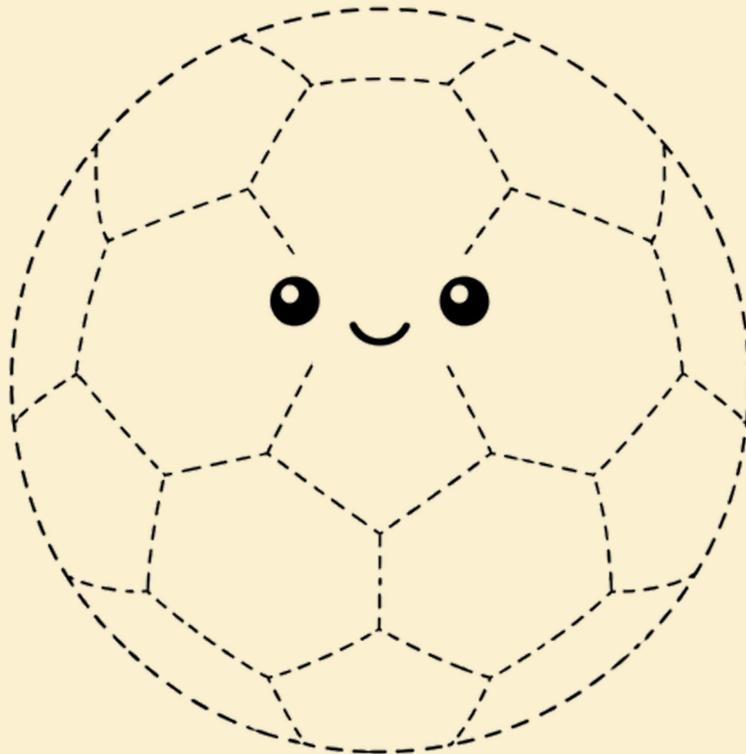


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Exercise:

Trace and shade the soccer ball. Imagine your recess energy bouncing out onto the paper so you can sit still.

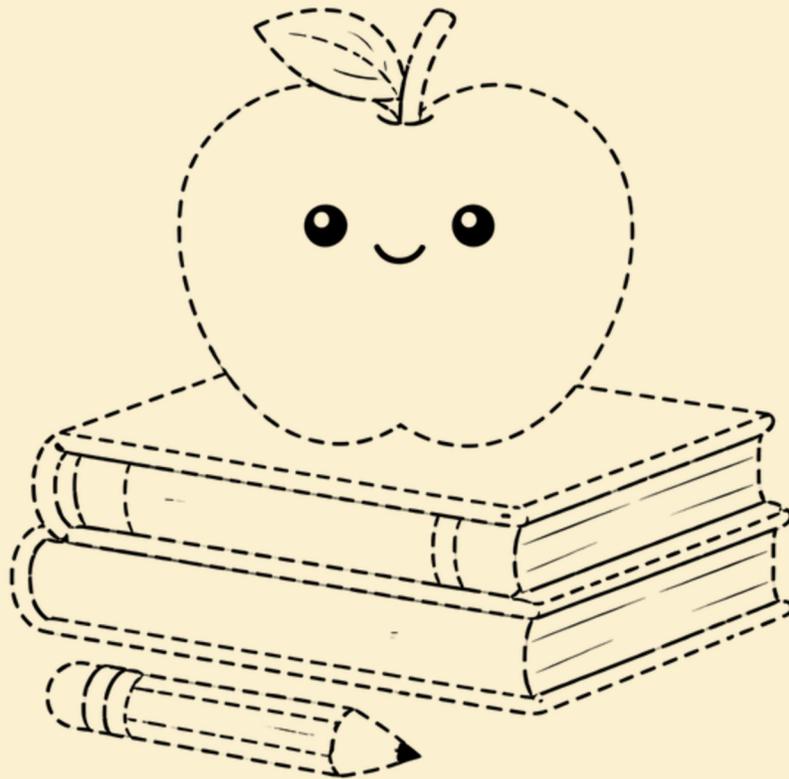




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Cool Down Strategies:
Trace and shade the smooth, round apple. As you
close the circle, lock your focus for learning.



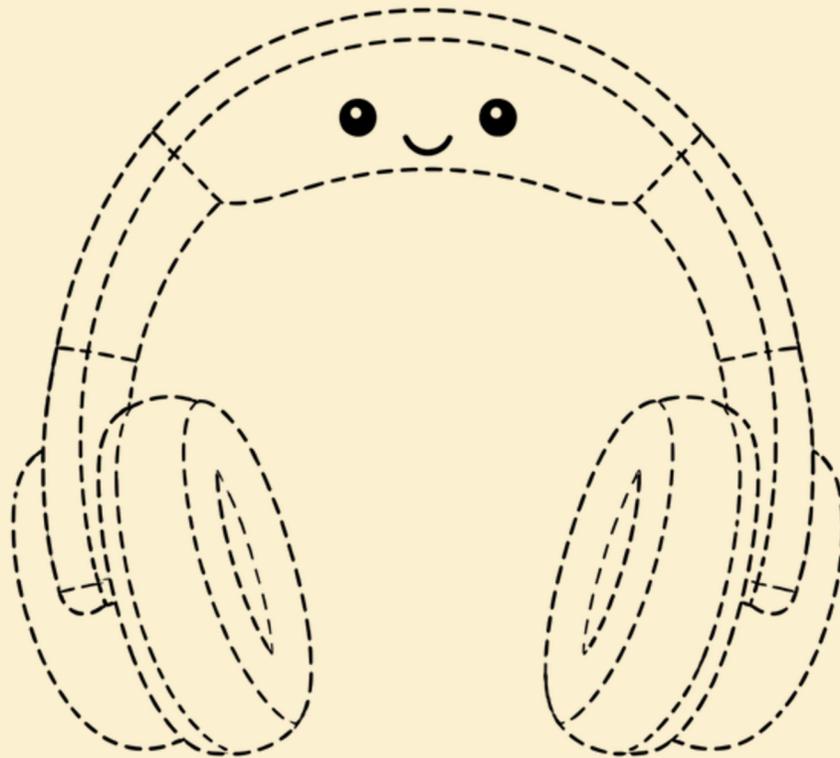


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Listening:

Trace and shade the headphones. Imagine putting them on to block out the hallway noise and tune in to your teacher.

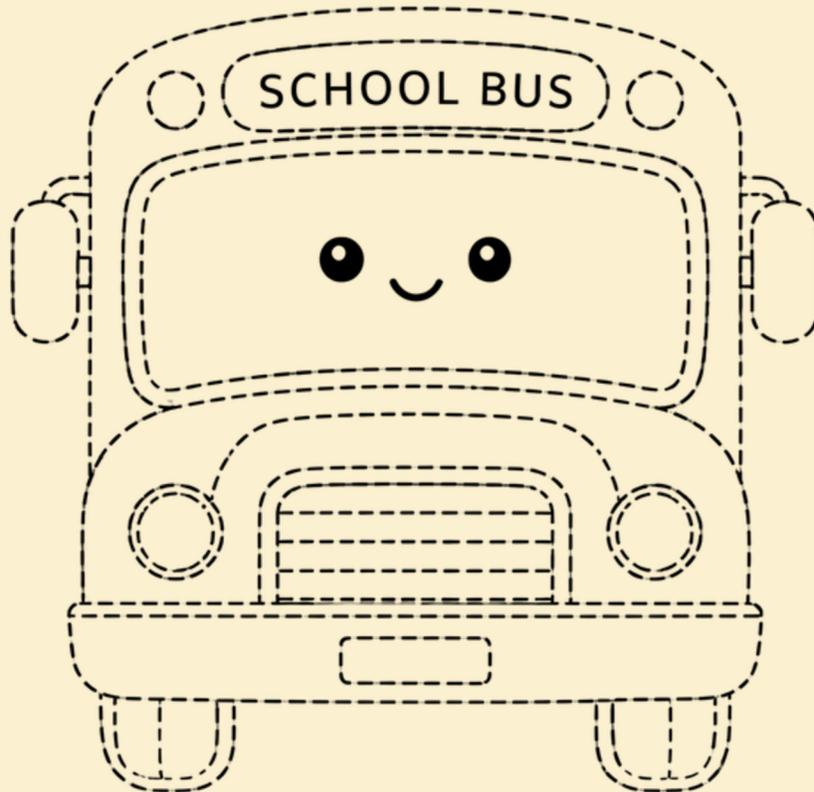




Date: _____



**Reset Ready to Learn:
Trace and shade the wheels going round. Let's roll
into a fresh start for the rest of the day.**



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