HTY is pleased to present you with this brief, creative activity to help your students exercise Social-Emotional Learning competencies.

**CREATIVE CHAIR**

**DESCRIPTION:** Stretch imaginations through an interactive that helps reduce stress, encourage focus and have a fun little break!

**GRADE LEVEL FOCUS:** Grades K-4

**SEL FOCUS:** NHES Standard 7: Self-Management -- NHES.7.2.1 Demonstrate healthy practices and behaviors to maintain or improve personal health.

**ACTIVITY:** Join Mr. Jonathan as he explores many creative ways to play with a chair

**TO PREPARE,** please:

- Preview the video before sharing it with your students to best help you introduce the activity.
- Prepare students by having them stand next to their chair.
- Encourage students not to copy Mr. Jonathan, but try their creative ideas inspired by him.
- Alternately, watch the short video, then repeat the activity on your own.