

Learning Activity 2

Take a H.A.L.T.E.D. Selfie
(The teacher can select an activity of their choice or use the activity provided.)

Time (minutes)

7

Organization

Students in general space.

Activity Progression:

Explain to students they will learn an acronym to help them determine their emotional state when they may not be feeling their normal self.

Example script:

“We just talked about how a Mindful Minute is a great tool to use when we KNOW we are feeling scared or overwhelmed. Next, we are going to learn about H.A.L.T.E.D.. H.A.L.T.E.D. can help us when we know we might not be feeling our normal self, but we aren't exactly sure why.”

Play music and allow students to choose how they move around the instructional area.

Once the music is stopped, call out a different feeling from the H.A.L.T.E.D. acronym starting with “H” and have students pause and pretend to take a selfie acting out that emotion. H.A.L.T.E.D. emotions:

- Hungry?
- Angry?
- Lonely?
- Tired?
- Embarrassed?
- Disappointed?

Example script:

“When the music stops, I'm going to show you a feeling from H.A.L.T.E.D. I want you to pretend to take a selfie of yourself acting out that feeling. [Play music and stop the music after about 20 seconds.] The first letter in H.A.L.T.E.D. is H. [Hold up H letter card.] H is for Hungry. [Allow students to act out being hungry] The first thing you can ask yourself when you might not be feeling 100% your normal self is ‘Am I hungry?’ Sometimes

when we are hungry it can cause us to feel cranky and all we need is something to eat. Has anyone ever been hungry and when they get something to eat they feel better? [Allow students to raise hands in response.] An easy solution when feeling hungry is to drink water and eat a healthy snack or meal.”

Continue to go through each letter. Use the H.A.L.T.E.D. letter cards when going through each letter and hang each one up on the wall (or another surface everyone can see) as you go through the acronym.

Reinforce to students that all feelings are healthy (even feelings that can seem negative like anger), and being able to identify our feelings is helpful so we can do something healthy to feel better. Part of being mindful is embracing all our feelings.

Background information on H.A.L.T.E.D.: HALT is an acronym used in many substance abuse programs. Each of the four physical or emotional conditions in HALT (hungry, angry, lonely, tired), if not taken care of, can leave a person vulnerable to relapse. HALT plus the addition of ED (embarrassed, disappointed) is a good tool for adults and children to use when self-evaluating emotions to avoid self-destructive or unhealthy behaviors.

References:

<https://healthpsych.com/h-a-l-t-hungry-angry-lonely-and-tired-a-self-care-tool/>
<http://www.upcyclededucation.com/2011/04/halted.html>

Cues:

- H.A.L.T.E.D.
 - Hungry?
 - Angry?
 - Lonely?
 - Tired?
 - Embarrassed?
 - Disappointed?

Modifications/Differentiation:

- Randomly call out for students to turn left or right, build up speed then slow down
- Choose different students to select how everyone should move.
- Provide students with visual impairments a sighted guide using a small piece of rope or a guide rope.
- Put different obstacles for students to travel through (e.g., jump over hurdles, hop through hoops, crawl under a folded mat, etc.).
- Only review H-A-L-T .

Checks for Understanding:

- How can identifying help you?
- Ask what each letter means in H.A.L.T.E.D.
- **Extension:** Describe a time where you may not have been your normal self. When reflecting on the scenario was it because you were hungry, angry, lonely, tired, embarrassed or disappointed? Explain your answer.