

Grades K-2

Open to New Experiences

Have students close their eyes and place one hand on their heart and the other on their belly. Guide them to feel their heart beating and their belly expanding as they breathe in and out.

Ask them to think about a food they would never eat. Is it pickles? Jalapeños? Tell them to see that food in their mind's eye, and imagine someone with whom they are close offering it to them. What thoughts or feelings come up?

Have students lay their hands in their lap, palms up, take a big breath, and relax their jaw. Encourage them to say yes to trying the food. What does it feel like to take a bite of something they never thought they'd try? Have them take another big inhale in and place their hands back over their heart and belly.

Have students take one more moment and see themselves telling this person what they thought of the food honestly and respectfully. They can use words like "Thank you for sharing, but that wasn't for me" or "Thank you for sharing, I liked it more than I expected!"

Remind students that showing openness and honesty helps us grow.