

# BODY BASICS COOL TOOL

Valders Elementary School

<b>BE RESPECTFUL</b>	*Voice level 0 or 1, 2
<b>BE RESPONSIBLE</b>	*Face teacher *Eyes on teacher *Listening ears
<b>BE SAFE</b>	*Keep hands, feet, and objects to self

**Name of Skill/Setting:** Body Basics/Voice Level Expectations

**Purpose of the Lesson/Why it is Important:**

1. Students understand and practice the different voice levels.
2. Students understand and practice good body basics.

**Procedures:**

**\*\*Be sure to preview the video on your own before presenting to students\*\***

**1.) Review the Respectful/Responsible/Safe information above with students.  
This information is presented in poster form in each area, as well as in the video.**

**Show the poster to students.**

2.) Explain to students that they will be viewing a video on Body Basics expectations. Please notice that this video has some do and don'ts on how to act in the Body Basics. When the video is finished, I am going to ask you what things you saw that show behaviors that you should or shouldn't do in the Body Basics.

3.) Show the video.

4.) Ask students to give examples (from the video) of what not to do in for Body Basics.

5.) Ask students to give examples (from the video) of what to do in for Body Basics.

**Student Activities/Role Plays:**

1. Have one or two students stand in front of the group and demonstrate each voice level.
2. Give the class a silly word to say and have them practice it at the voice level of your choice. Switch words and voice levels so the group practices each voice level.
3. Review the "Give me 5" guidelines for practicing body basics. Review the expectations from starting from the head to ending at the toes.
4. Why are voice levels different in different areas of the building?

5. Why is it important to practice body basics?

*Please feel free to use other examples that are appropriate for your students.*

**Follow-Up/Reinforcement Activities:**

This video is available to your teachers to show and discuss with each classroom if you have more examples and questions.

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***Re-Teaching/Modeling***

*-Teachers can hand out Viking VIP tickets to students who are following the rules.*

*-Students whom you have asked in the past to stop inappropriate behavior and have complied for a couple of days should be given a VIP ticket.*

*-When you see a student remind another student about the correct behavior, reward the first student with a VIP ticket, then reward the second student when you see him acting appropriately.*

*-We model the behavior ourselves!*

# VOICE LEVELS

**4**

**Outside Voice  
Playground Talk  
Emergency**



**3**

**Loud Proud Voice  
Classroom Talk  
Strong Speaker**



**2**

**Normal Voice  
Table Talk  
In the Lunchroom**



**1**

**Whisper Voice  
Partner Talk  
Spy Talk**



**0**

**Silent Voice  
No Talking  
Lips are Zipped**



# GIVE ME FIVE

1. Eyes are watching **LÔÔK**

2. Ears are listening



3. Lips are zipped



4. Hands are still



5. Feet are quiet

