



I AM.

**THOUGHTS START IN
THE BRAIN,
TRAVEL INTO
THE HEART
AND BECOME ACTIONS.**



DIFFERENT LEARNING STYLES

& tips for teaching



Guided Instruction

Watch Video: I AM

What is your “I AM” statement after watching the video? Have students say what they are.

Thoughts start in the brain, travel to the heart and become an action.

(use hand demonstrate by making motion from your head to your heart and then outward to an action.

(THOUGHT, EMOTION, ACTION)

Activity One:

Pass out slips of paper stapled to a fruit snack.

Tell students that the fruit snack is for them and the paper is for you! Have them write their name and favorite thing (sports, hobby, book or friend) My head like to read, my heart makes me happy when I read, so I pick up a book (action) and read.

Have students fold paper and one at a time place into large planter pot. Talk about planting seeds as they do this activity and how important it is to recognize that thoughts are seeds.