



# IGF Kids Video Guide

**Video Title:** *Episode 9: Slow Rocking*

**Description:** *Camila is behind in her Science class and can't find the Zoom code to log in, which creates a stressful situation. See how her older sister helps the family calm down with a mindfulness tool called Slow Rocking.*

**Guiding Question:** *How can we help our bodies feel good?*

- Students will experience how using tools can help our brains produce feel-good hormones (chemicals)
- Students will learn about hormones and how they can make us feel
- Students will be able to define Endorphins and their function

**Ask students to:**

- Observe each character
- Identify when characters are calm or stressed in the scenes
- Practice along with the tool in the video
- Think of times in their lives where they can apply this tool, and why

## PLAY VIDEO

**PAUSE VIDEO: (2 MIN 3 SEC)** *When Camila and Dad are arguing in the background*

**ASK:**

- Who do you think that everyone stressed or upset in this scene?
  - Why do you think Camila is upset?
  - Why do you think Dad is upset?
  - Why do you think Elsie is upset? (Or not upset?)
- What do you think they should do next? Why?

REMIND STUDENTS TO:

Pay attention and follow along with the practice the IGF Kids are going to share. (Be in a spot where students can see you practice along with them.)

**PAUSE VIDEO: (5 MIN 14 SEC)** *Right after learning the tool from Elsie.*

**ASK:**

- How did this tool make you feel?
- Do you think this tool helped Elsie and her family? Why do you think it will help, or not help?

MENTION:

Now, let's learn the word of the day from Kasim!

**PAUSE VIDEO: (5 MIN 35 SEC)** *After Vocab Word of the Day: Endorphins*

Help students pronounce the word endorphins. Let's say it together: "En - Door - Fins"

**ASK:**

- What are endorphins?
  - They are hormones or a chemical your brain makes and sends to the rest of your body.
- What did Kasim and Elsie say endorphins do for the body?
  - They relieve pain and stress. In other words, they help you feel GOOD!

MENTION:

Your body makes endorphins and other feel-good hormones all by itself! But, these tools are a way for us to encourage our body to make them when it isn't doing it by itself.

**REFLECTION:**

When do you think you might need this tool?

Create a one-pager of some other movements you could use to help release endorphins in your body?