



MIGHTIER SKILL PACK

▶ Feeling something intensely? Your heart rate will let you know it. This Skill Pack explores that connection between our heart rate and our emotions. Try our family games to find out how our ticker makes us tick!



Scan the QR code to get more info on the Mightier zones and an emotion meter activity.



Heartbeat Badge

Learning to feel our heartbeat

Imagine a world without emotions... no thanks! Without joy, pride, anger, and sadness, life would just be like an old black and white movie - no color, no sound, no special effects... yes, movies like that really did exist!

You need your emotions, they're a big part of who you are. Emotions tell you something about yourself and the world around you. They're powered by the things you care about. But here's a surprise - emotions don't just come from the heart, they actually **change how your heart beats!**





How quickly or slowly your heart beats is connected to your emotions. When you feel angry, stressed, frustrated, or even excited, your heart beats faster. This is your body's way of preparing itself to deal with intense or difficult situations. In Mightier we call this the **red zone**. When you feel calm and relaxed, your heart rate slows down, and so do your emotions. We call this the **blue zone**.

Your zones, just like your emotions, aren't "good" or "bad". They're each important and have a job to do. Getting into the **red** can actually be helpful, like during a game when you need more energy, or when you're feeling sad or low. Being in the **blue** is great for when you need to focus or unwind.

So let's get to know your emotions, your heart, and your **red** and **blue** zones with these Heartbeat challenges. Don't skip a 'beat', let's start exploring!



Unlock the Heartbeat Outfit!

1. Complete Skill Pack  challenges.
2. Open the  Mightier Kids app.
3. Tap your  profile badge on the top left of screen.
4. Tap  and enter the code **PULSE**



"Inside voice? Never heard of it."

Diego
(Diegode)



UNCOMMON

Strengths:
Big emotions

Struggles:
Big emotions



"Listen to your heart!" No, it's not a cheesy lyric from the latest pop song, it's Diego's advice for becoming one with your emotions. Diego has always felt things intensely. His big, bold emotions are the best... but they can also be hard to handle sometimes.

"I used to think my emotions weren't important, just something slowing me down or getting in my way." Diego didn't realize that his emotions connected to everything else, his thoughts, his body, even his heart! Especially his heart actually. The game changed once Diego discovered that emotions like anger and excitement sped up his heart rate, and that by slowing his heart rate down he could also slow down those emotions.

"Feelings start with the rhythm of your heart!" Diego is still working on the lyrics... but connecting his heart rate to his emotions has definitely been a hit.

Way to go Diego!



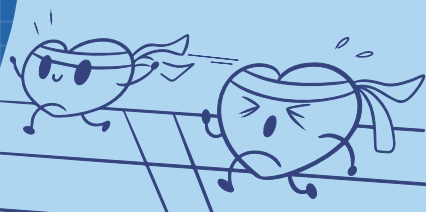
Heartfelt Facts

Laughing sends 20% more blood through your body.

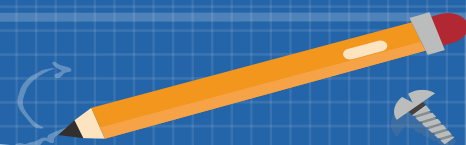
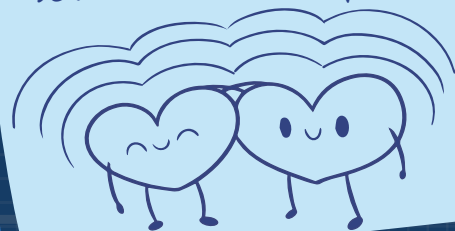


That's a happy heart!

Kids' hearts beat faster than adults' do.





You can synchronize heartbeats with someone near you.

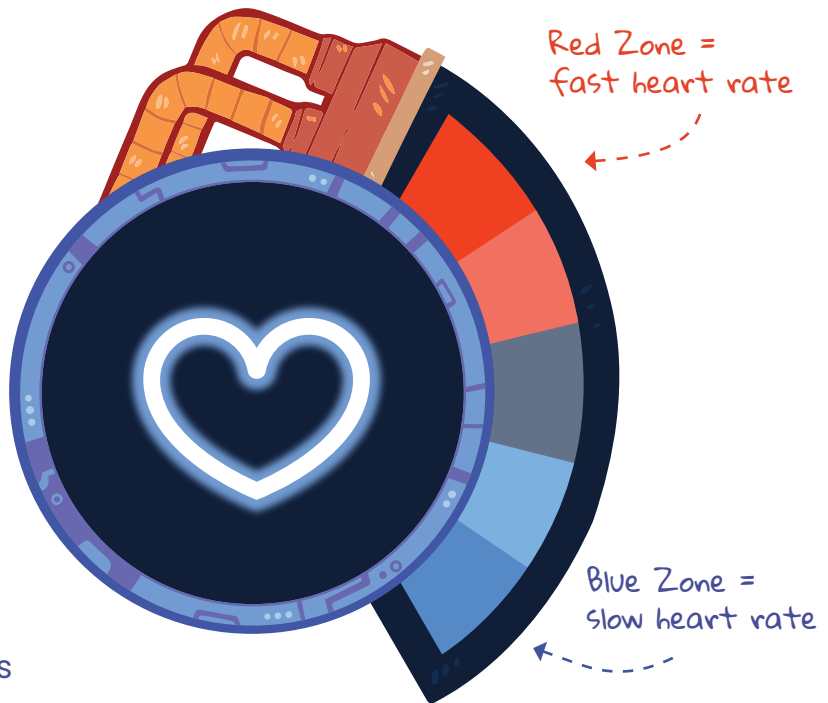




My Red , Your Blue

Some activities make your heart rate go up and put you in the red zone. Other activities lower your heart rate and put you in the blue zone. Think about where each activity would go on your meter, and have a partner do the same. Did your meter choices match?

-  Talking to friends
-  Watching movies
-  Arts and crafts
-  Playing sports
-  Reading
-  Math
-  Video games
-  Being outside
-  Riding in the car
-  Listening to music
-  Building kits or puzzles



Emotion Match

Find a partner then choose an emotion emoji, but don't share your choice. Your partner can ask 4 questions before making their guess. Did they get it? Take turns!

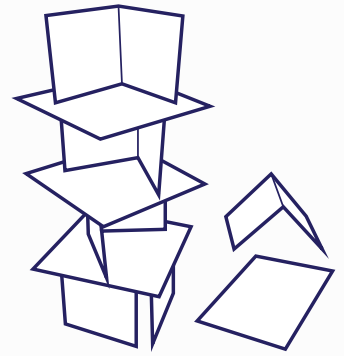
- Does it put you in the **red** or **blue**?
- How does it make your heart feel?
- What temperature is it?
- Do you let it out or keep it inside?
- Do you like feeling this emotion?
- Do you feel it often or rarely?





Heart Cake Tower

Work together to create a precarious cake by stacking **Hot Cakes** and **Cool Icing**. Explore your **Red** and **Blue** zones with different challenges. Does your heart rate change how you play the game? How high can you go?



How to Play

- Cut out all the pieces. Fold the 'red' pieces in half on the dotted line.
- Place each piece icing and cake side up, word side down.
- Have the youngest player pick a piece and complete its challenge. Then place the piece on a flat surface to start the cake.
- Players take turns picking, completing challenges, and layering pieces on top of one another, slowly building a cake tower.
- Keep placing pieces until they are all used up or the tower topples!



Do your favorite stretch.	Tense your whole body then relax it.	Run in place for 10 seconds.	Clap your hands 10 times as fast as you can.
Wild Card Choose your own way to get into the blue .	Cross your arms on your chest and take a deep breath.	Name the last time you were in the red zone.	Do 3 jumping jacks. <i>Reverse turn direction</i>
		Wild Card Choose your own way to get into the red.	Think of something that gets you into the red .
Close your eyes and name the quietest sound you hear.	Close your eyes and relax your arms for 6 seconds.	Use the hand you don't write with to place this piece.	Jump up and down 10 times.
		Shut one eye while placing this piece.	Make an angry face for 10 seconds.