

# Enhanced PE Movement

## — Recess Rescue —

♥ *The Heartbeat of Every School*

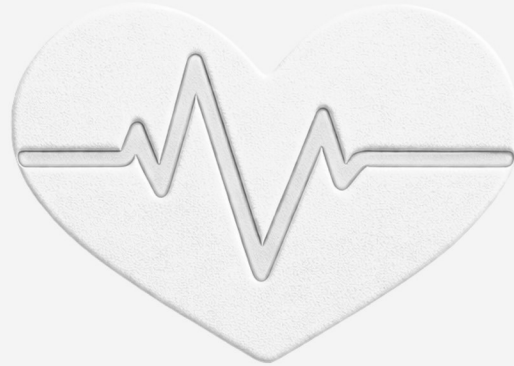
### Student Journal



Anthony Caputo

**Name:** \_\_\_\_\_

**Class:** \_\_\_\_\_

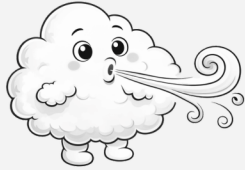


**ENHANCED  
PE MOVEMENT**

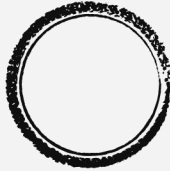
**Anthony Caputo  
2026**



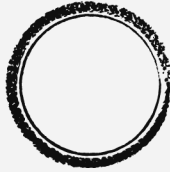
# My Mindset Passport



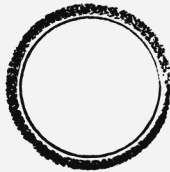
**Deep  
Breathing**



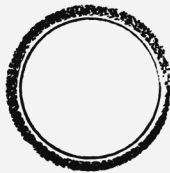
**Identifying  
Feelings**



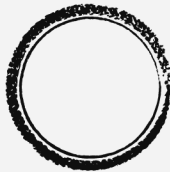
**Exercise**



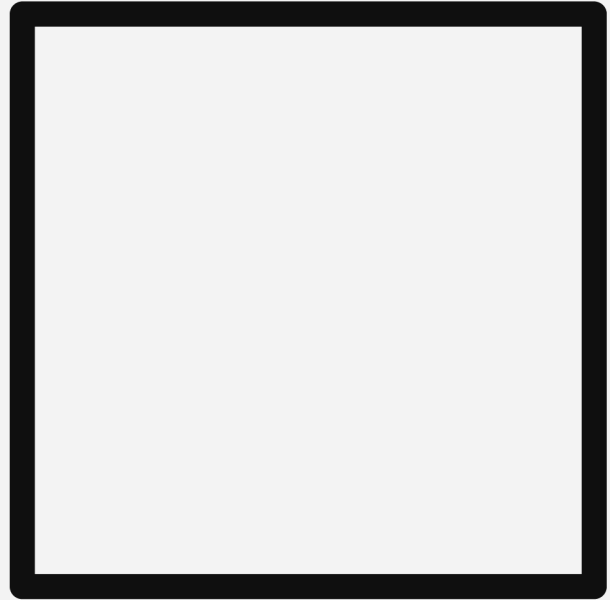
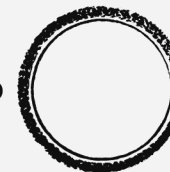
**Cool Down  
Strategies**



**Listening**



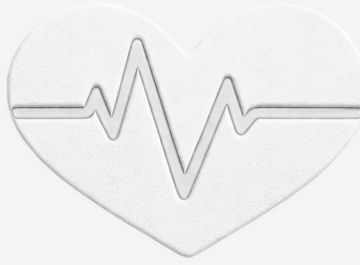
**Reset  
Ready to  
Learn**



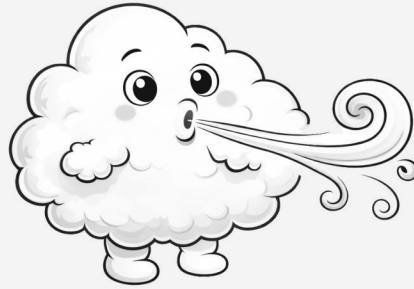
**Draw your Mindset  
Passport I.D. picture  
in the box . Color in  
the stamp next to the  
social emotional  
learning technique  
once you feel you  
have mastered that  
technique.**



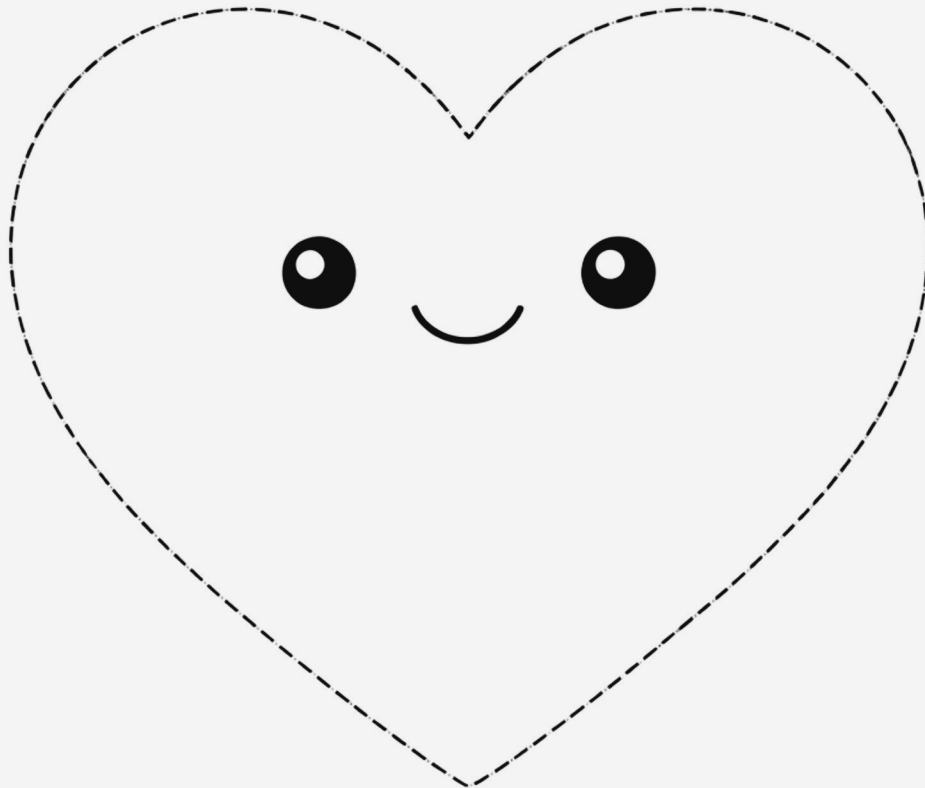


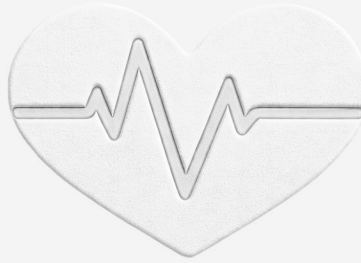


Date: \_\_\_\_\_



**Deep Breathing:**  
**Trace and shade the heart shape. Feel your own  
heartbeat slowing down to a steady rhythm.**



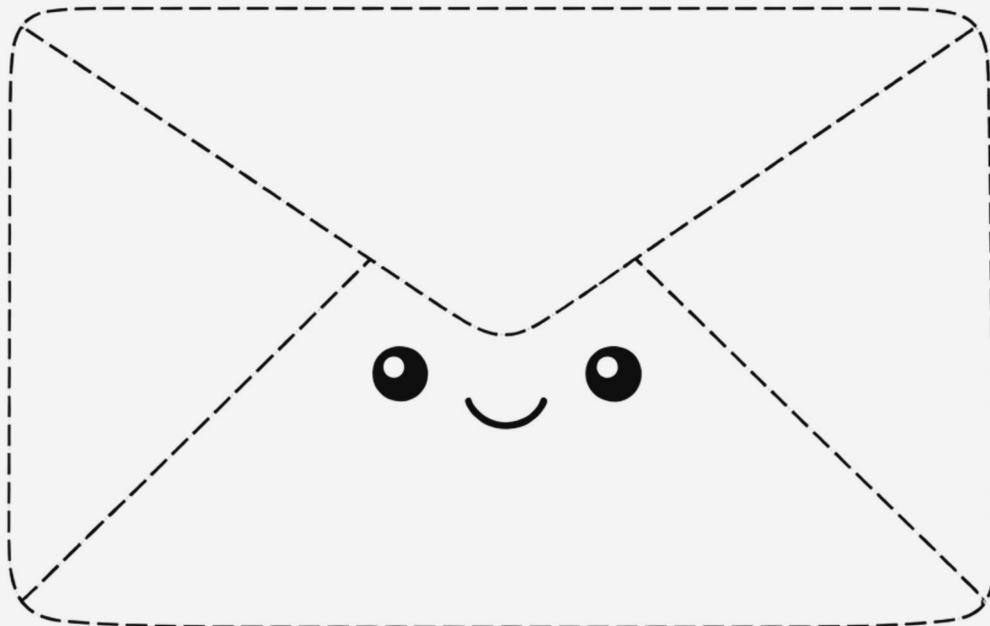


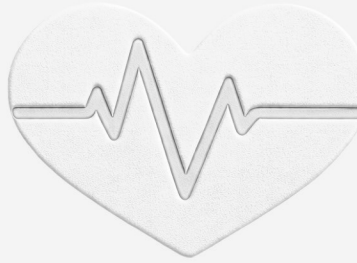
Date: \_\_\_\_\_



### Identifying Feelings:

**Trace and shade the envelope. What message is your brain sending you right now? Write it on the envelope.**



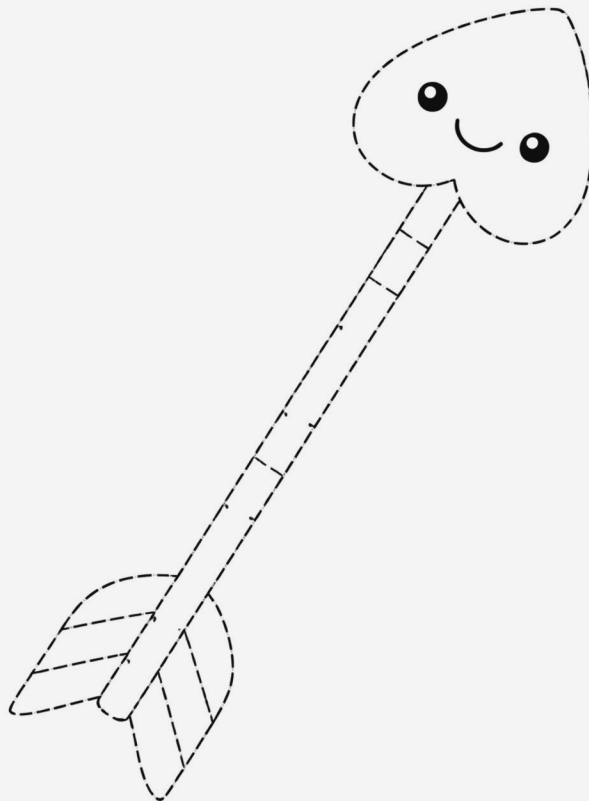


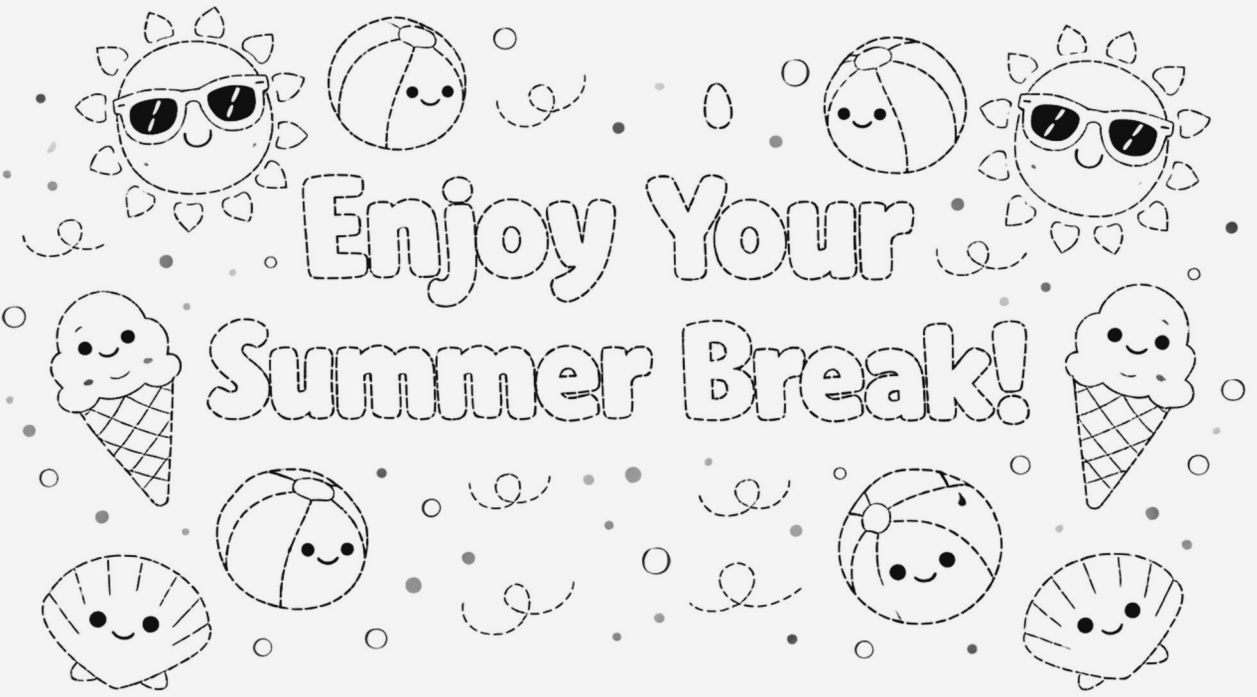
Date: \_\_\_\_\_



**Exercise:**

**Trace and shade the arrow's path. Aim your focus straight at the whiteboard.**





Enjoy Your  
Summer Break!

**Enhanced PE Movement™**  
**“The Heartbeat of Every School”**