

Lesson Overview

Blurp Goes Back to School

CASEL Standards:

SELF-MANAGEMENT: The abilities to manage one's emotions, thoughts, and behaviors effectively in different situations and to achieve goals and aspirations. This includes the capacities to delay gratification, manage stress, and feel motivation & agency to accomplish personal/collective goals.

Academic Standards:

Common Core English/Language Arts Standards:

CCSS.ELA-LITERACY.SL.3.2

CCSS.ELA-LITERACY.SL.4.2

CCSS.ELA-LITERACY.SL.5.2

Determine the main ideas and supporting details of a text read aloud or information presented in diverse media and formats, including visually, quantitatively, and orally.

Objective:

Use self-management skills to accomplish a goal by focusing on organization.

Essential Questions:

How can organization help me accomplish a goal?

I Can:

I can accomplish a goal by using organizational skills.



Mindful Teaching Tips

Help children organize things they need to do by printing out either a weekly or monthly calendar. Have them fill in events and activities so they know what is happening each day. Just for fun, use stickers to represent different events or activities. Or buy a fun calendar with images they love for each of the months.

Teaching Transcript

Before you Listen

Today we will dive under the Potion Ocean to meet a Batty Bubblefish named Blurp. Blurp loves school, but he is a little nervous about going back to school this year.

How do you feel before a new school year starts?

Give students a circle and have them color how much of each emotion they feel before a new school year starts.

Red – scared

Orange – nervous

Yellow – excited

Blue – worried

Purple – happy

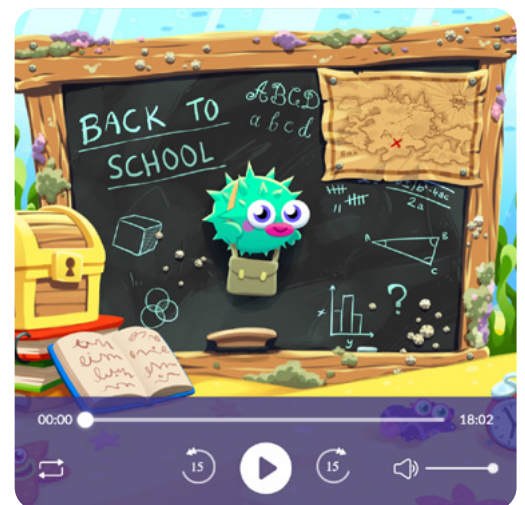
After You Listen

Blurp felt a lot better about going back to school when he remembered all the fun things he liked to do while in school. He made a list of games and activities that he thought was fun.

What games and activities do you think are fun?

Make a list of fun school activities and games that you like to play. Share your list with a partner.

Teachers, show students a weekly calendar of how fun school activities will be organized for the class. Keep a calendar of activities and games so that students will know what fun is coming up soon.



Home Time Activity

Blurp was worried that he would feel nervous talking to his friends. In order to feel better, he made a list of questions to ask his friends such as “How was your vacation?” and “What’s your favorite class?”

Organize a list of questions that you can ask your friends when you go back to school.

Which questions will you ask to your old friends?

Which questions will you ask to make some new friends?

Weekly Theme Card

Before going back to school, Blurp does three things. He organizes his backpack and supplies, goes to bed earlier each night, and sets his alarm clock. What things do you do to get ready for school starting?

Write down the things you need to do to get ready for school on a calendar. Each day you can check the calendar to see what needs to get done. Then on the day before school starts, you will be ready to go just like Blurp!

