

Lesson Overview

Chop Chop's 5 Minute Chill

CASEL Standards:

SELF-AWARENESS: The abilities to understand one's own emotions, thoughts, and values and how they influence behavior across contexts. This includes capacities to recognize one's strengths and limitations with a well grounded sense of confidence and purpose.

RESPONSIBLE DECISION-MAKING: The ability to make caring and constructive choices about personal behavior and social interactions across diverse situations. This includes the capacities to consider ethical standards and safety concerns, and to evaluate the benefits and consequences of various actions for personal, social, and collective well-being.

Academic Standards:

CCSS.ELA-LITERACY.W.K.2

Use a combination of drawing, dictating, and writing to compose informative/explanatory texts in which they name what they are writing about and supply some information about the topic.

CCSS.ELA-LITERACY.W.1.8

With guidance and support from adults, recall information from experiences or gather information from provided sources to answer a question.

CCSS.ELA-LITERACY.W.2.8

Recall information from experiences or gather information from provided sources to answer a question.

Objective:

Use self-awareness tools such as meditation, visualization, and deep breathing to manage emotions.

Essential Questions:

How can I calm myself down when I am upset or excited?

I Can:

I can use mindfulness to calm myself down.



Mindful Teaching Tips

Class, Class

At North Branch School in Afton, VA, a school committed to mindful teaching and learning techniques, teachers use a call and response to focus the attention of their class. The teacher sings to her students, “Class, class” and the students sing back and match her tone. She may have to repeat it but when all students have sung back to her at once in the same tone, she knows they are ready to begin.

This method helps the teacher be mindful of her tone and the students to focus. When everyone is singing their quick response together, the class can begin!

Teaching Transcript

Before You Listen

Today we will relax our bodies like Chop Chop the Cheeky Chimp!

First we will move our bodies to get ready.
Move your hands, then your arms, then your shoulders.
Stretch your back and your legs.
Move your feet slowly and quietly.

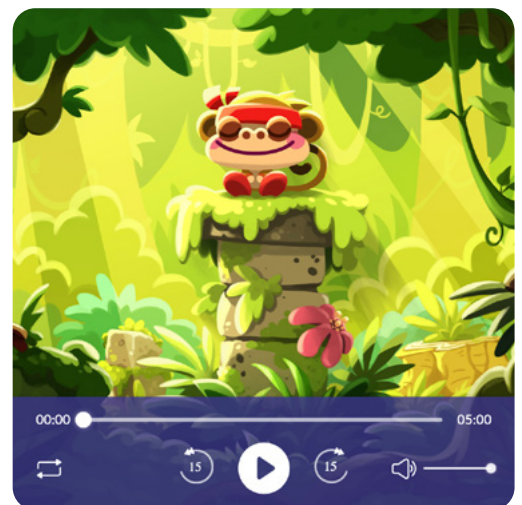
Chop Chop imagines going on a vacation to his favorite places when he wants to calm down. A vacation can be a trip to see a family member, or to visit a new place. Where would you like to go on vacation?

What do you think this place would look like? Sound like?
Smell like? Even taste like? These are called the senses.
Think about using your senses during Chop Chop’s 5 Minute Chill!

After You Listen

What was the place in your mind like? Did you use your five senses? Write or draw about it below.

How do you feel now that you have chilled out with Chop Chop?
When you try Chop Chop’s Chill Out at home, you will be able to create a magical world of relaxation with ALL five of your senses!



Home Time Activity

Serene World of The Senses

What are your favorite sights? Sounds? Smells? Tastes? Textures? Write about them below and create your own imaginary world!

5 Things that you can SEE 	4 Things that you can FEEL 	3 Things that you can HEAR 	2 Things that you can SMELL 	1 Things that you can TASTE 

Now create your world below and write or draw about your favorite senses!



Weekly Theme Card

Have a stretch! Stretch your hands and feet, arms and legs, shoulders and neck. Relax your body.
Remember Your 5 Senses:

Think of your...

Favorite Sounds

Favorite Sights

Favorite Smells

Favorite Tastes

Favorite Textures

Take deep slow breaths and enjoy your Serene World
of The Senses.

