

Lesson Overview

CocoLoco's Rustling Bamboo Relaxation

CASEL Standards:

SELF-MANAGEMENT: The abilities to manage one's emotions, thoughts, and behaviors effectively in different situations and to achieve goals and aspirations.

Academic Standards:

CCSS.ELA-LITERACY.SL.3.2

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.

CCSS.ELA-LITERACY.SL.4.2

Paraphrase portions of a text read aloud or information presented in diverse media and formats, including visually, quantitatively, and orally.

CCSS.ELA-LITERACY.SL.5.2

Summarize a written text read aloud or information presented in diverse media and formats, including visually, quantitatively, and orally.

Objective:

Identify and use stress-management strategies.

Use guided meditation as a stress-management strategy.

Essential Questions:

How can I manage feelings of stress?

What is guided meditation?

I Can:

I can use guided meditation to manage my emotions.



Mindful Teaching Tips

What is Moshi Meditation?

Play the track, “What is Moshi Meditation?” for your students. It explains that Moshi Meditations are simple breathing exercises, visualization techniques, and the friendly characters called Moshlings. These meditations are designed to help ease worries and calm anxieties by learning mindfulness with Moshi.

Teaching Transcript

Teacher’s Note: You will hear peaceful music at the end of the meditation. Your class can use the time to answer the lesson questions, or remain in quiet reflection.

Today we will use our imaginations for a guided meditation. We meditate to relax our minds and bodies. During our meditation we will hear sounds of bamboo rustling in the wind. What are some sounds that you enjoy hearing? Where do you hear those sounds?

Before You Listen

How does your body feel?

Are you calm?

Are you energetic?

Do you feel restless

Settle in and get comfortable in your own space. Take a few deep breaths and enjoy the story.

After You Listen

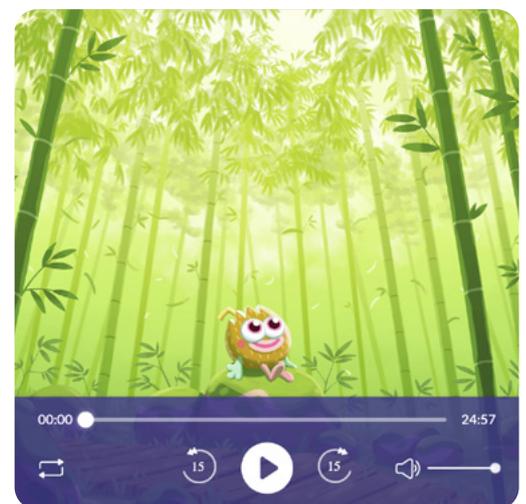
How do you feel now after meditating?

Make a list of adjectives, or descriptive words, that describe how the bamboo sounded as it rustled in the breeze.

How did it feel to imagine you were a leaf in a bamboo forest?

What does CocoLoco do when he needs to chill out and relax?

When could using Bamboo Relaxation help you?



Home Time Activity

Begin a Mindfulness Journal

Writing about your thoughts and feelings is a mindful way to manage your emotions. Many people write in a journal that they keep for themselves. Here are some ideas to get you started with your Mindfulness Journal:

I am happy when...

I am thankful for...

I feel upset when...

What helps me calm down is...

I am proud of myself for...

When I feel stressed I can calm myself down by...

Weekly Theme Card

Practice your deep breathing.

Imagine your worries and thoughts floating away.

Remember the sound of the bamboo rustling in the breeze.

You are a leaf blowing in the breeze.

When you feel worried or angry, bring your mind back to the edge of the bamboo forests of Moshinesia.

Hear the sounds of thousands of bamboo leaves rustling in the gentle breeze and you can chill like CocoLoco.