

# Lesson Overview

## CocoLoco's Tiki Teddy Tale

### **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 persevere in order to accomplish a goal.

### **Essential Questions:**

How can I persevere to accomplish a goal?

### **I Can:**

I can accomplish a goal by persevering.



# Mindful Teaching Tips

tions 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

Today we will go on an adventure with CocoLoco, the Naughty Nutter, who lives on the Island of Moshinesia. CocoLoco sleeps with a very special Tiki Teddy. But his Tiki Teddy is lost, and CocoLoco can't fall asleep without him!

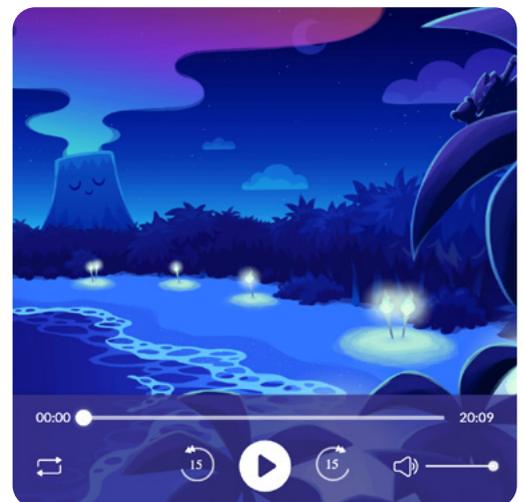
- Do you have a special animal or blanket that you sleep with at night?
- Have you ever tried sleeping without it?
- Has it ever been lost?
- How did you find it?
- How did you feel knowing that your special animal or blanket was lost?

### After You Listen

CocoLoco had to find Tiki Teddy so he could fall asleep. Even though it was difficult CocoLoco had to persevere. To persevere means to keep going even when it gets difficult and you want to just give up. CocoLoco couldn't give up even when he learned that Tiki Teddy had been traded to scary Big Chief Tiny Head. When we persevere, we have to think of how to solve a problem in a different way.

Hand each student an ice-cube with a penny frozen inside. Tell students they must get the penny out, but they can not put it in their mouth or hit it with an object.

- How is melting the ice cube like working to reach your goals?
- Why do some people quit before reaching their goals?
- How does hard work and perseverance help you achieve your goals?



# Home Time Activity

CocoLoco had to overcome obstacles in order to find Tiki Teddy and fall asleep. Along the way, he had to retrace his steps at the trading post to find where Tiki Teddy went and then he had to confront Big Chief Tiny Head to get him back. Along the way, CocoLoco could have given up, but he persevered!

Take a paper towel roll and write the words “Stick to It” on the roll. You can decorate it however you want. Place the ‘stick’ in your house where everyone can see it. Whenever a family member catches someone persevering or sticking to their goal, they write their name on the stick. Watch the stick fill with names as each member of the family works to accomplish their goals!

# Weekly Theme Card

There are some tasks that you can't accomplish on the first try. Sometimes you must work and work at your goal to accomplish it. And then when you finally accomplish the goal, you feel great! Just like when CocoLoco saved Tiki Teddy from being thrown into the volcano.

Cut out a yellow star and write down a goal that you will have to work at in order to accomplish. Hang it in a space where you will see it and each day do something to help you reach your goal.

