

# Lesson Overview

## Cosmo's Dreamy Number Slumber

### 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:

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 to manage one's emotions.

### Essential Questions:

How can I manage my own emotions?

### I Can:

I can manage my own emotions.



# Mindful Teaching Tips

Family members, when your child counts (breaths, sheep, or does simple math problems) it takes the focus away from any other thinking that is keeping them awake. Counting is a way to relax the mind and find a rhythm to help naturally fall asleep.

Teachers, incorporate mathematical vocabulary into this lesson using operations and geometry. This is a great way to connect math in the classroom and strengthen vocabulary skills at the same time. Encourage students to memorize addition, subtraction, multiplication, and division facts to reduce their stress in math class.

## Teaching Transcript

### Before You Listen

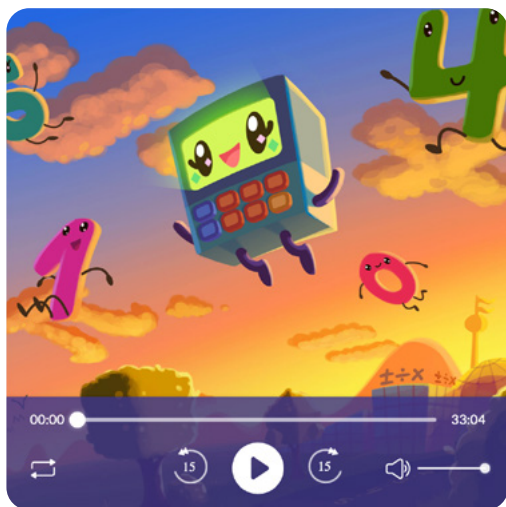
Today we are going to meet Cosmo, a Mini-Moshulator who loves math and dreaming. Cosmo loves numbers more than television!

- What is your favorite number?
- How do you feel when you see your favorite number?

### After You Listen

In his dream, Cosmo visits Trigonometric Town. The buildings are all shaped like triangles and he sees a bunch of numbers walking down the street. The numbers have so many questions for Cosmo and he loves helping them solve their numeric problems.

Draw a picture of your own mathematical town and don't forget to put in your favorite numbers walking down the street! What would the numbers in your town want to learn from you?



# Home Time Activity

Cosmo finds counting, adding, and subtracting to be very relaxing. On the giant pile of numbers he starts to add and subtract them all, only to drift off into a deeper sleep.

Tonight as you fall asleep, count back from 15 to 1 on the exhale of each breath to relax. Or if you want to calculate like Cosmo, think of an addition or subtraction problem each time you exhale.

# Weekly Theme Card

Stress at school can feel very overwhelming, especially in math class. One way to reduce your math stress is to memorize your addition and subtraction facts. Just like Cosmo helped answer the Numbers' questions, you can easily answer math questions when you practice addition and subtraction.

Practice your math facts and see how it reduces your stress. Use flashcards and practice each day for 5 – 10 minutes.

