

# Lesson Overview

## Delightful Deep Breathing with Nancy

### **CASEL Standards:**

**SELF-AWARENESS:** The abilities to understand one's own emotions, thoughts, and values and how they influence behavior across contexts.

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

### **Academic Standards:**

CCSS.ELA-LITERACY.W.K.8

CCSS.ELA-LITERACY.W.1.8

CCSS.ELA-LITERACY.W.2.8

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

### **Objective:**

Identifying and managing one's emotions.

### **Essential Question:**

How can I use mindfulness and deep breathing to manage my emotions?

## Mindful Teaching Tips

### **Get Grounded**

You can use this focusing technique in the few minutes you have between classes, or even as students are working independently in class. Breathing to center and ground yourself can help you to be present in your teaching. Your calm state may help your class to achieve some calm too!

- Stand with your feet about as far apart as your shoulders. Stand up straight, but don't lock your knees.
- Take a deep breath while you count to 5.
- Hold in the breath for one second, then release while counting to 5.
- As you breathe in and out slowly, imagine your stress and tension leaving with every exhale, and good positive energy entering with every inhale.

Your body will respond to slower, measured breathing and you may feel calmer and more centered before the next busy part of your day!

# Teaching Transcript

Through the physical act of deep breathing and being aware of the breath moving in and out of the body, you will be able to learn and practice these techniques inside and outside of the classroom.

## Let's Celebrate!

Nancy loves to celebrate her friends and family. Think about who in your life you want to celebrate during today's meditation. Who do you love to celebrate? What about these people makes you want to celebrate them?

## Get Ready to Listen

Now we will listen to a story called Delightful Deep Breathing with Nancy. During her story Nancy thinks about who she loves to celebrate. Think about the people you want to celebrate during that time. Get comfy...get calm...and away we go!

## After You Listen

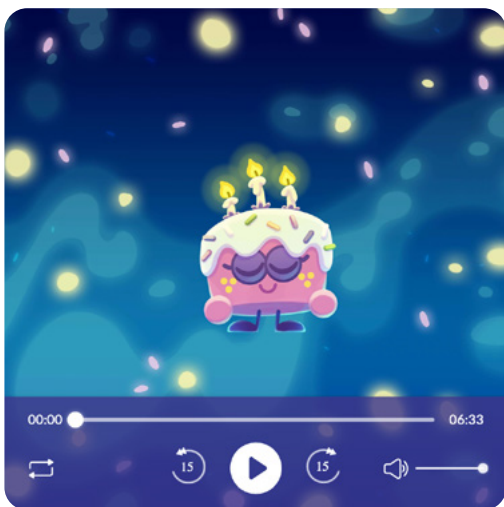
Stretch your body slowly and feel the calm within you. You just learned how to use deep breathing to relax. Draw a picture on your Theme Card about how you feel now that you have breathed with Nancy.

Nancy pictures the people she wants to celebrate when she practices her deep breathing by blowing out her magical candles. What other calm and peaceful things could you think of while you are breathing to relax? Write about them or draw on your Theme Card now.

## Celebrating YOU!

Think about what you can celebrate about yourself! Write or draw about something that you are proud of on your Theme Card.

Think about when you can use deep breathing. When could you use it in school? When could you use it at home? You will get a chance to practice Nancy's Delightful Deep Breathing at home with your Home Time Activity.



# Mindfulness in the Classroom

## Delightful Deep Breathing with Nancy

Dear Families,

Our class is using Moshi's Mindfulness in the Classroom Series to learn about mindfulness techniques to calm ourselves and regulate our emotions. Try this activity at home called Delightful Deep Breathing with Nancy and your child can help you learn an easy and fun relaxation tool to help manage stress and achieve calm!

1. We talked about celebrating loved ones during our lesson. Ask your family members to think about who they love to celebrate, and why. You will have time to think about this during the meditation.
2. Invite your learner to share about their breathing activity and lead you and other family members in a one-minute meditation session like we practiced in class.
3. Check in before and after you breathe and see if this fun breathing activity will help you!



DELIGHTFUL  
DEEP BREATHING  
WITH NANCY

**Before  
breathing**  
How am I  
feeling now?

**After  
breathing**  
How am I  
feeling now?

# Weekly Theme Card

1. Get comfortable!

2. Use your imagination to picture Nancy and her magical candles.

3. Blow out Nancy's magical candles slowly.

4. Imagine them relighting as you breathe in.

5. Think of who you love to celebrate.

6. Listen to the sounds around you.

7. Enjoy feeling the calm energy in your body.

## Moshi Stories

For a peaceful bedtime story about friendships, working together, and accepting the differences within others, listen to the Moshi Story Flash & Wanda's Perfect Storm!

How do you feel right now?

Write or draw about it on your Theme Card.

Who do you love to celebrate, and why?

Draw a picture or write on your Theme Card about how you feel now that you have breathed with Nancy.

What other calm and peaceful things could you think of while you are breathing to relax?

Think about what you can celebrate about yourself! Write or draw about something that you are proud of on your Theme Card.

