

# Lesson Overview

## Ease Worries with Wallop

### **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.

### **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-awareness to identify emotions.

### **Essential Questions:**

How can I use self-awareness to identify my emotions?

### **I Can:**

I can use self-awareness to identify my emotions.



# Mindful Teaching Tips

Parents, practice naming emotions with your child each day. Naming emotions defuses their power over a child and lessens the burden they create. When the intensity of the emotion is lowered, it is easier to think and make better decisions.

Have a list of emotions available for your child to choose from as they are learning to name their feelings. There are great magnetic charts that allow children to specify their current emotion.

## Teaching Transcript

Today we find ourselves in Thwack Boom Valley with a Moshling named Wallop. When things feel overwhelming for Wallop, the Jolly Tubthumper, he seeks out a peaceful place where he can quiet his mind. Wallop discovered a way for him to calm down.

### Before You Listen

Find a comfortable spot where you can sit up straight.

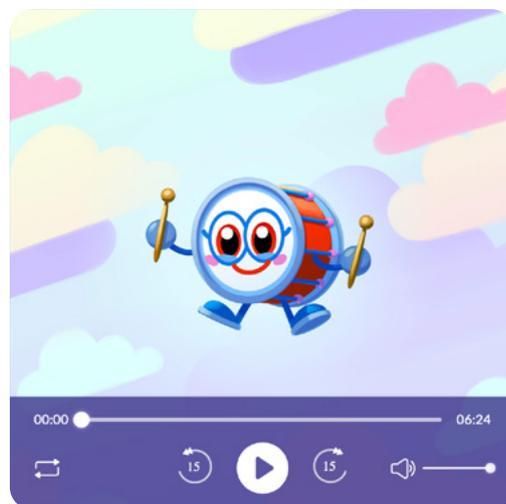
### After You Listen

In order to calm down, Wallop pictured himself leading a parade of his friends while twirling his drumsticks.

- What wonderful experience did you picture to make you feel happy?

Take one minute to write down your experience on a sheet of paper or in a journal. Remember this happy experience whenever you are feeling anxious or tense.

Have students share their happy experience with a small group of classmates.



# Home Time Activity

Practice tensing part of your body and then relaxing it. Tense your shoulders up to your ears as tight as you can, then relax them. Notice how your body feels when you release the tension. Try this with different parts of your body, like your calves, arms, and hands.

Each time notice how you feel when you relax. When you feel your body tense up during stress, now you can relax and let it go!

# Weekly Theme Card

The first thing Wallop does to help him calm down is to accept he is feeling anxious and tense. While he knows this feeling will pass, it feels better to say it out loud.

Practice naming your feelings. Say, "Right now I feel happy!" or "This morning I am feeling a little sad." Just like Wallop, you can also add the words 'this feeling will pass' when you feel emotions that you are not comfortable with.

