

# Lesson Overview

## Fluttercup's School for Unicorns

### **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 mindfulness to understand personal strengths and weaknesses.

Use mindfulness to develop a growth mindset.

### **Essential Questions:**

How can I accept myself?

How can I develop steps to meet my goals?

### **I Can:**

I can recognize my strengths and challenges.

I can accept myself for who I am.



# Mindful Teaching Tips

When creating your classroom learning environment, include ways for students to learn to accept who they are. A simple sign or verbal reminder, “you’re wonderful the way you are,” or “I accept you” can create a welcoming tone where differences are celebrated. Share some of the things that make you unique to your class and they may be comfortable sharing their own individualities in the future.

## Teaching Transcript

Today we will follow Gigi, a little Moshling Mule, in her adventures at Fluttercup’s School for Unicorns. Gigi the Mule wants to be a Unicorn more than anything. She loves to watch the magical Unicorns at Fluttercup’s School flying high in the sky. Her dream is to fly like the unicorns she has seen flying beyond the rainbows.

What dreams do you have?

Do you want to accomplish something that you think is impossible, or very difficult to do?

Fluttercup the Unicorn invites Gigi the Mule to make a wish in a magic wishing well.

Have you ever made a wish on a star, at a wishing well, or somewhere else?

Gigi learns that she is wonderful the way she is.

What are some things about you that are unique?

What unique thing about you do you like the most?

### After You Listen

Gigi the little Moshling Mule was invited to be an honorary member of Fluttercup’s School for Unicorns, something she thought was impossible.

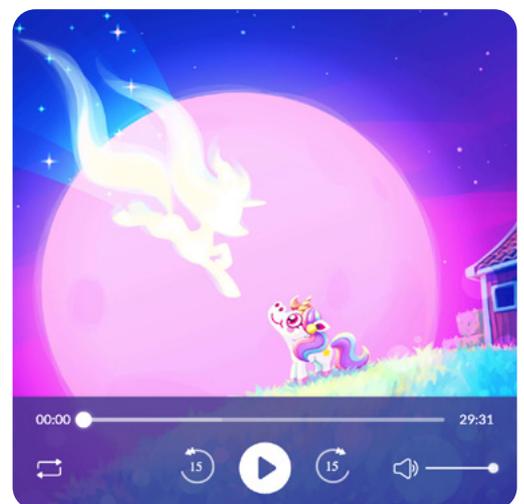
Think about what you want to accomplish.

What can you do to make your goal possible?

What lessons did Gigi the Mule learn from her experiences at Fluttercup’s School for Unicorns?

When could you use the lessons you learned from Fluttercup’s School for Unicorns to help you reach your goals?

Write about your ideas. Make a list of a few steps you can take to achieve your goals.



# Home Time Activity

## Reach for Your Goals.

During Fluttercup's School for Unicorns, Gigi the Moshi Mule learns that she is wonderful the way she is, as a mule, even though she wants to be a unicorn. Write about a time when you felt like Gigi.

What advice would you give a friend who feels like Gigi the Moshling Mule?

A friend feels bad because she can't swim well. She sees others swimming in the deep end of the pool and she wants to take part in their fun. What could you do to help this friend feel like they are included in the group?

When could you use the lessons you learned from Fluttercup's School for Unicorns to help you reach your goals? Write about your ideas. Make a list of a few steps you can take to achieve your goals.

## Weekly Theme Card

Remember Gigi's lesson: the way you are is wonderful.

Having goals and dreams is important, and so is loving who you are.

Breathe deeply and remember Gigi's journey over the rainbow.

You can imagine yourself there, beyond the rainbows, and feel yourself relax.

Be mindful each day and remember to accept the wonderful person you are.

When you feel like you aren't good enough, remember Gigi's wish to love herself just the way she is.

