

Lesson Overview

Fusty's Fabulous 80s Dream

CASEL Standards:

RELATIONSHIP SKILLS: The abilities to establish and maintain healthy and supportive relationships and to effectively navigate settings with diverse individuals and groups. This includes the capacities to communicate clearly, listen actively, cooperate, work collaboratively to problem solve and negotiate conflict constructively, navigate settings with differing social and cultural demands and opportunities, provide leadership, and seek or offer help when needed.

Academic Standards:

Common Core English/Language Arts Standards:

CCSS.ELA-LITERACY.W.K.8

CCSS.ELA-LITERACY.W.1.8

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

CCSS.ELA-LITERACY.W.2.8

Recall information from experiences or gather information from provided sources to answer a question.

Objective:

Use relationship skills to seek help and listen to others in order to problem solve.

Essential Questions:

How can I seek help and listen to others in order to solve a problem?

I Can:

I can seek help and listen to others to help solve my problem.



Mindful Teaching Tips

Explain to students that Lucid dreaming is when you are aware of what is happening and know that you are in a dream. Talk about ways they can control their dreams just like Fusty did! Help children know they are in control of their dreams so that when they encounter a nightmare, they have the ability to take charge and not be scared.

Another fun activity is to see what things you can remember in your dreams, such as apples, rain, or dogs, and look them up on a dream interpretation website. See if the website explanation matches your own ideas of what is going on in your life!

Teaching Transcript

Today we will travel back to Eightiesville in Fusty the Fabled Fungi's dreams. Fusty loves to dream about the past when he felt very happy and had lots of friends. Back then, he loved his clothes, video games, and music.

- What do you dream about?
- How do you feel in the dream?
- How do you feel when you wake up from the dream?

The problem is that Fusty doesn't enjoy his life right now because he is always thinking about the past. He often wakes up wishing time had not moved on. He falls asleep and goes to look for his friend, Hip Hop, in the town square. When he finds Hip Hop, he listens to what his friend has to say to help him learn to be happy in the present.

- Have you ever asked a friend to help you understand something?
- Have you ever asked a friend to help you with a problem?
- How did your friend know you listened carefully to what they said?

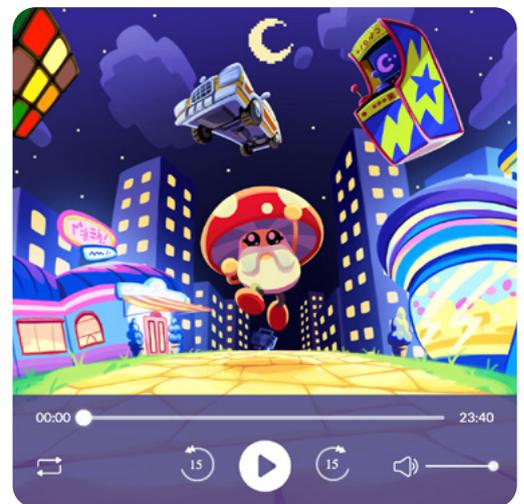
After You Listen

Hip Hop told Fusty that things have changed since the 80s. He said that life now is wonderful and "just think of all you've got."

Write down a list of 3 things that are wonderful about your life right now. Can you write more than 3? Can you write 5? Or even 10?!

Prompts:

- What do you have or what do you do that you really enjoy?
- Who is in your life right now that you love being around?



Home Time Activity

In his dream, Fusty searches for his friend Hip Hop in the town square. When Fusty finds Hip Hop, they sit down and talk.

How do you find your friend when you need help with a problem?

Do you talk in person, on the telephone, in a video chat, or online?

Parents, create a way for your child to reach out to a friend when they need help. Teach them how to contact their friend using the phone or online.

Weekly Theme Card

Fusty is having a hard time letting go of the 80s. He keeps wishing they were still around and wanting to live there again. Is there something that changed in your life that you wish was still around? Maybe there was something that was difficult for you to let go of, just like Fusty?

Hip Hop told Fusty that when you look back it should be to see how far you've come. Think back to when you were even younger... What things have you accomplished between now and then? Print out or draw pictures on a timeline to show your accomplishments. Hang it up in your room to see how far you've come!

