

Lesson Overview

Gumdrop's Magical Meditation Spheres

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 focus attention on releasing negative emotions.

Essential Questions:

How can I focus my attention to release negative emotions?

I Can:

I can focus my attention to release negative emotions.



Mindful Teaching Tips

Natural sounds are relaxing because they are often constant, pleasantly pitched noises. The brain interprets natural sounds as nonthreatening which means the fight-or-flight response is decreased. This in turn lowers stress levels and helps people become more relaxed.

Play natural sounds in the classroom during an activity, quiz, or test. These calming sounds will help students relax which may result in better focus.

Also, allow students to use their meditation spheres in class to help the kinesthetic learners focus on the material that is being presented.

Teaching Transcript

Gumdrop, the Bendy Vendy's transparent head is full of items to help you relax. While his head looks a lot like a gumball vending machine, it contains magical meditation spheres to help let go of negative thoughts and emotions.

Before You Listen

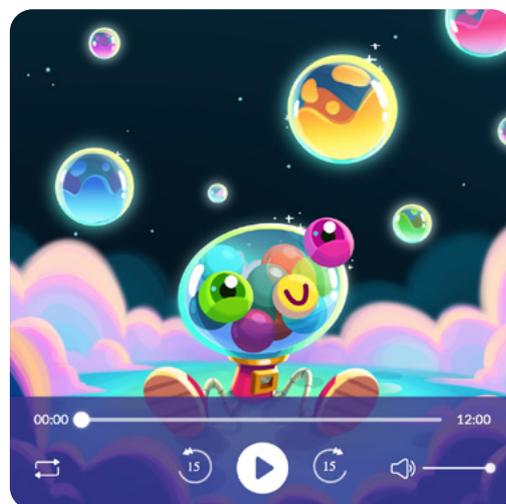
Find a comfortable spot where you can sit cross-legged on the floor. Close your eyes and begin to relax.

After You Listen

During the meditation, you pictured two magical meditation spheres. What did they look like?

Today, we are going to decorate our own meditation spheres. You can either use the image from your meditation or create something totally new. You can paint or color your meditation sphere however you want in order to help you focus during a meditation.

Teachers, provide students with small wooden balls to paint or use markers to color.



Home Time Activity

The magical meditation spheres made a swirling, soothing, tinkling sound. Different sounds make us feel different ways. How do these sounds make you feel?

- Crashing waves
- Emergency vehicle
- Whale songs
- Loud horns
- Pop music
- Bird screech

Parents, play a variety of sounds for your child and have them name an emotion that the sound produces. Help your child name the emotion by having a list of emotions available.

Weekly Theme Card

During your meditation, use your magical meditation spheres you made in class to practice meditating. Turn on some soothing music and see if you can move the meditation spheres with the rhythm of the music. Try different types of music and sounds to see which ones you like best!

