

Lesson Overview

Lubber and the Sub-Zero Hero

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 build and strengthen friendships.

Essential Questions:

How can I work in a positive way with my friends?

I Can:

I can cooperate with others.

I can be empathetic to others.



Mindful Teaching Tips

Help students to remain focused and quiet throughout the story by talking about how fidgeting or making noises can be distracting for others.

Make a list of mindful techniques that students can choose from when they feel restless in class. As students use these techniques, encourage them to share their experiences with the class.

Teaching Transcript

Today you will take a journey to the cold land of Frostipop and meet Lubber the Whimsical Whale. Here Lubber meets Otto the Sub-Zero Hero, who asks for his help to spread an eco message across the world. Otto has a magic fishing pole that measures all kinds of things and he is worried about changes in the ice.

Lubber helps to spread the eco message.

What eco message would you like to help spread to the world?

What are some ways we can take care of our world?

Lubber works with his friend to help stop the ice caps from melting.

What friend do you like to work with?

When have you worked together with a friend to solve a problem?

After You Listen

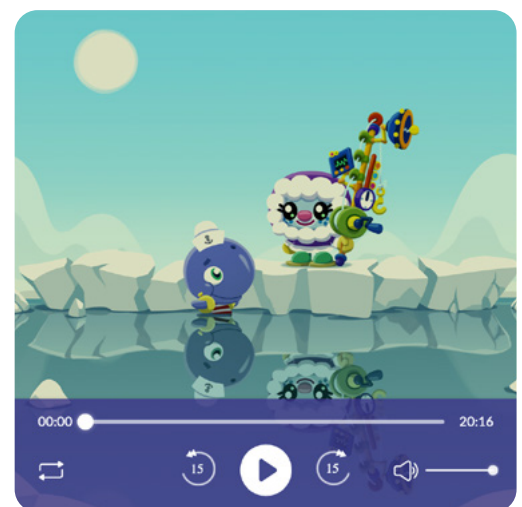
Lubber becomes worried about his new friend, Otto, so he goes to see him. When he gets there, he finds Otto has left him a special gift of the magic pole.

Have you ever received a special gift from a friend?

- What was it?
- How did it make you feel?

Have you ever given a special gift to a friend?

- What made it special?
- How did your friend react to the gift?



Home Time Activity

Lubber uses songs to help spread Otto's eco message. Listen to the songs of whales online to hear their melody and unique style. Pick a message you want to send to the world and create a song about it. You can write the lyrics to teach people about your message and tell them how they can help make a difference. Add an instrument or drum beat to your song for an extra bit of fun!

Weekly Theme Card

Remember Otto's eco message to take care of our planet.

Think about how you and your friends help each other.

Focus on your eco message you want to send to the world.

You can be a friend who helps others out when they have a problem.

Working together is a Moshified way to be mindful.

When we cooperate with others, it helps everyone to feel positive!

