

# Lesson Overview

## Magical Moshlight Body Scan

### CASEL Standards:

SELF-MANAGEMENT: The abilities to manage one's emotions, thoughts, and behaviors effectively in different situations and to achieve goals and aspirations. This includes the capacities to delay gratification, manage stress, and feel motivation & agency to accomplish personal/collective goals.

### 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:

To use a new self-management technique to help increase focus and awareness while managing stress.

### Essential Questions:

How can I learn about ways to reduce stress in my body?

### I Can:

I can practice new ways to reduce my stress and increase awareness of my body.



# Mindful Teaching Tips

Body scans are great for getting kids to recognize how their body is related to mindfulness. Their thoughts and emotions directly influence their body. Doing a body scan will help them realize why they might have recurring stomach aches or headaches.

Tuning in to how your body is feeling at a precise moment helps kids get in touch with their physical self. Be sure to ask your child or your students how they feel so they make the connection between emotions and physical responses in their body.

## Teaching Transcript

In the world of Moshi, there is magic everywhere! A Snoozy Koala Moshling named SleepyPaws is going to show us how we can use the magic of the Moshi world to help our entire body feel energized, focused, and stress free.

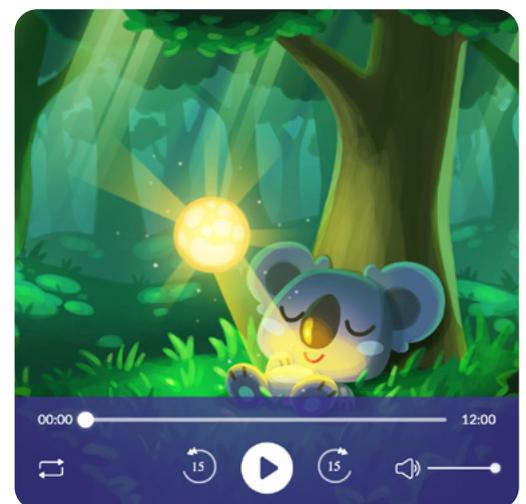
### Before You Listen

Find a comfortable spot where you can lie down and rest your head.

### After You Listen

Hand students an outline of the human body and ask them to fill in the spaces where they felt the white light was needed the most.

- Do you feel relaxed or energized after doing a body scan meditation?
- What was your favorite part of doing a body scan?
- When could you use a body scan to help you feel relaxed or give you a boost of energy?



# Home Time Activity

During the meditation we relaxed our legs and allowed our feet to feel light like they were feathers. All the heaviness faded away. Let's explore how it feels to be light and to be heavy in a meditation.

Parents, have your child lie down, close their eyes, and take a few deep breaths. Then ask them to feel their entire body light as air as if it were floating up into the sky, then feel their body get heavy like a rock anchored to the earth. Repeat this process for a few minutes and then discuss how your child felt during the meditation.

## Weekly Theme Card

A body scan is a great way to get in touch with places in your body that might need a little extra attention. Allow the ball of light to suck up any pain or tension as it moves throughout your body. You may need the light to pull out your worries or fears so that you can sleep better at night.

Practice a body scan before bed at night to relax or try one during the middle of the day to help you refocus your attention.

Which do you prefer? During the day or at night?

