

# Lesson Overview

## Mini Ben's Tick-Tock Tale

### **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:**

Use self-management to effectively manage behavior.

### **Essential Questions:**

How can I effectively manage my own behavior?

### **I Can:**

I can effectively manage my own behavior.



# Mindful Teaching Tips

Bedtime routines are important for children of all ages. Regular schedules and bedtime rituals help to maintain good sleep habits and allows for a child to fall asleep, stay asleep, and wake up rested and refreshed. Routines help to set expectations and even help children learn when to be sleepy. A structured bedtime routine provides a sense of security and control. Good sleep routines also take the stress out of bedtime which means that nighttime can be a special time to bond rather than a frustration.

## Teaching Transcript

Today we will meet a Teeny ticktock clock tower named Mini Ben who goes to bed too late. He has a hard time winding down after a fun-filled busy day. Settling down can be hard to do especially when you are excited. At night and during school time, it is important to learn how to settle down.

What are some ways your teacher indicates it is time to calm down?

How do you calm down in school when you are excited to be with your friends?

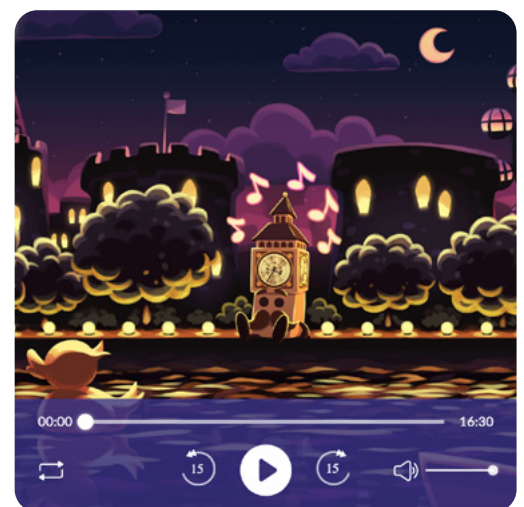
What happens if you are not able to calm down in the classroom?

### After You Listen

Mini Ben loves to clong his bells and ring his chimes. His noisy tick-tock tunes can be heard all over the town. Mini Ben also hears lots of noise in his head when he starts to drift off to sleep.

Grab a percussion instrument and let's practice quieting all the bings and chimes. When the sun is up, be noisy, clanging and chiming like Mini Ben and then when the moon is held up, it is time to be quiet and pretend to sleep.

Teachers: Have a sun and a moon printed or drawn on a piece of paper. Hold them up and let the students be noisy and then be silent. Alternate the sun and moon, letting the students practice settling down.



# Home Time Activity

Mini Ben feels helpless at night as the bells bong and the chimes go off in his head. He tries to drift off but wakes up with lots of thoughts. To help Mini Ben control his chimes, he takes a few deep breaths and thinks different thoughts. In order to settle down, Mini Ben thinks of three different things. Write down your answers to the Mini Ben's new thoughts:

1. What is a very peaceful scene?
2. What are some things you really like?
3. Who are some friends, family, or games you really like to play?

## Weekly Theme Card

In order to settle down before bedtime, Mini Ben tries some calming techniques. Having a routine helps Mini Ben mellow out before he falls asleep. His routine is:

Warm bath

Brushes teeth

Write in diary

Turns off the light

Breathes deeply

Create a bedtime routine of 5 – 6 steps that you can do each night to help you settle down before bed. Using a large piece of paper, write them down and hang it up in your room. Walk through the steps each night to help you prepare for bed.

