

Lesson Overview

Moshi Bubble Relaxation

Older Learners 3rd to 5th Grade

CASEL Standards:

SELF-MANAGEMENT: The abilities to manage one's emotions, thoughts, and behaviors effectively in different situations and to achieve goals and aspirations.

Academic Standards:

CCSS.ELA-LITERACY.SL.3.2

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.

CCSS.ELA-LITERACY.SL.4.2

Paraphrase portions of a text read aloud or information presented in diverse media and formats, including visually, quantitatively, and orally.

CCSS.ELA-LITERACY.SL.5.2

Summarize a written text read aloud or information presented in diverse media and formats, including visually, quantitatively, and orally.

Objective:

- Use visualization as a stress management technique.
- Use stress management techniques to manage emotions.

Essential Questions:

- What is visualization?
- How can I use visualization to manage my emotions?

I Can:

- I can use the mindfulness technique of visualization to manage my emotions.



Mindful Teaching Tips

Use visualization with your students for academic success! Students who are able to visualize are able to stimulate their brains to accomplish problem-solving tasks. Visualization involves the imagination and when sensory details are incorporated, they can activate the brain in the same way as the actual experience does.

Invite students to visualize themselves being successful at a task, such as solving a difficult math problem, or writing a skilled paragraph. Make sure the visualization includes sounds, sights, smells, and feelings. Later, when the pressure is on during a tough academic situation, recalling the image of success can boost confidence to continue with a challenging task.

Teaching Transcript

Today we will continue on our journey to mindfulness. Journey to mindfulness and do a guided visualization. Visualizing is picturing something in your mind. We will use our imaginations to bring us to wonderful places like the Magical World of Moshi. You will get a chance to be creative and see where your imagination takes you. When we imagine a calm, safe, and quiet place, it can put our minds at ease.

Let's practice picturing a place that we like to be. You can think about the place in your mind. Close your eyes and picture this place. Think about how it looks, how it feels, and how it sounds to be there. Make a clear picture in your mind. This is visualization. Today we will visualize a calming place with the Moshlings.

Get Ready to Listen

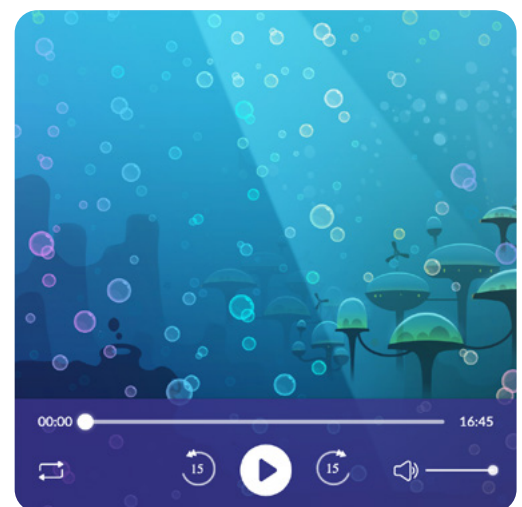
Settle in and relax your body. You are invited to close your eyes and imagine as you listen to Moshi Bubble Relaxation.

After you Listen

How do the Moshlings use their imaginations to relax?
How do you feel after your visualization?

Write about your experience now.

What did you imagine?
How did you feel?
What are the details you remember about your visualization?
When could you use a calming visualization to help you relax?



Home Time Activity

Continue your Moshi Mindfulness at home! Imagine you are a Moshling floating along in the gentle waters of Bubblefish Bay. Describe what you see in your underwater world. First, think about sensory details.

What do you see?

Are there any smells?

Tastes?

What can you hear underwater in Bubblefish Bay?

Now, write or draw about what life is like as an adorable underwater Moshling in Bubblefish Bay!

Weekly Theme Card

Imagine your special Moshi bubble from the enchanted waters of Bubblefish Bay! Inside it feels like a warm, cozy egg.

Your bubble is growing...growing...but it doesn't pop.

Now you're cozy and safe inside your soft Moshi bubble. How does your bubble feel? Stretchy, springy, bouncy, and light?

Focus on your breathing. Imagine the mist clearing from your bubble...Now you're in the magical depths of Potion Ocean.

Relax as you see all the Moshlings who float past...Now you are floating into the clouds in your Moshi bubble.

When you arrive at Cloud Nine, you see all the Moshlings flying through the sky.

Even when you are safely back on land, you can return to your magical Moshi bubble any time you want to relax and be mindful!

