

Lesson Overview

Rainbow Rider Relaxation

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:

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 the mindfulness technique of visualization to manage emotions.

Essential Questions:

How can I manage my emotions using mindfulness?

I Can:

I can use visualization to manage my emotions and calm myself down.

Mindful Teaching Tips

During art class, students can want their artwork to look exactly like someone else's. You can encourage students to develop their own unique sense of expression during the school day. It's tempting to show students what a completed version of a craft or project should look like. This often means you will get several copies of the original project, or something that closely resembles it. Make time to give students the ability to create a project or piece of art using clear parameters and requirements, but without exhibiting a 'perfect specimen' of the project. This may feel uncomfortable for some students who want to do it the right way. Remind them that as long as the requirements of the project are met, creativity is rewarded on this assignment.



Teaching Transcript

Today we will meet a magical surfing Moshling named Roy G. Biv who rides along huge Moshi rainbows. Have you been surfing before?

Surfing involves balancing on a surfboard. Stand up in your own space and imagine you are balancing on your own surfboard. Is it difficult to balance?

Now close your eyes and see if balancing becomes easier or harder.

Stretch your muscles and take some deep breaths. Get comfortable and focus on today's meditation. You will practice visualizing colors in your mind, as well as places. Focus on your breathing and following along with the meditation.

After You Listen

How do you feel after meditating?

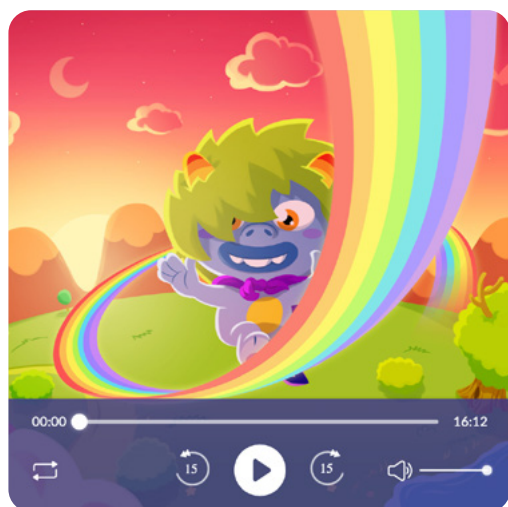
Write about what you pictured in your mind and how you felt.

Describe your favorite parts of today's meditation.

When could you use this type of meditation to help calm yourself down?

Are there moments when you feel anxiety or stress during the day?

What do you think might happen if you remembered surfing along the Moshling rainbow with Roy G. Biv?



Home Time Activity

Roy G. Biv, the magical surfing Moshling, never has to worry about falling off his surfboard into the rainbow waves below him.

What magical ability would you like to have?

Jumping as high as the clouds? Swimming faster than dolphins? Never falling off your bike? Write about a fun, magical ability you would like to have. Include a sketch of yourself using this magical power to help someone, like a superhero.

Now think about something you do well.

What are you great at? Being a good friend? Drawing pictures? Singing? Write about your special skill and how you feel when you do it. Include a sketch of yourself doing an awesome job at your special skill.

Weekly Theme Card

Remember Roy G. Biv, the rainbow riding Moshling, and how he likes to relax.

Breathe deeply and feel yourself becoming calm.

Picture yourself back on your magical surfboard, balancing perfectly as you ride the rainbow waves.

When you recall this magical moment, remember how you felt: calm, peaceful, and relaxed.

Breathe in through your nose and out through your mouth and become that rainbow rider again in your mind.



You are using mindfulness and meditation to manage your emotions.