

Lesson Overview

Simmer Down with Boomer

CASEL Standards:

SELF-AWARENESS: The abilities to understand one's own emotions, thoughts, and values and how they influence behavior across contexts. This includes capacities to recognize one's strengths and limitations with a well-grounded sense of confidence and purpose.

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-awareness to understand the link between emotions and thoughts.

Essential Questions:

How can I use self-awareness to understand the link between emotions and thoughts?

I Can:

I can use self-awareness to understand my emotions and thoughts are linked.



Mindful Teaching Tips

Clearing the mind helps to combat rumination. The mind can only think of one thing at a time, so by concentrating on negative thoughts the mind doesn't think of all the good things around you.

Help children know that it is okay to take a break from their thoughts. Sometimes taking a break from thinking can help you think more clearly.

In fact, letting go of recurring pesky thoughts can help you sleep better, have restorative downtime, increased focus, and more creativity.

Teaching Transcript

Boomer, the Bigmouth Squiddly Dee is a Moshling that has a habit of being extra noisy when he is sad, frustrated, or angry.

What is your behavior like when you are sad?

- Frustrated?
- Angry?

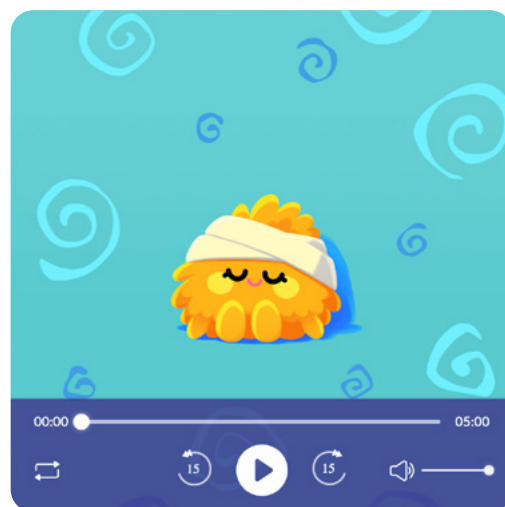
Before You Listen

Find a comfortable spot where you can sit.

After You Listen

In order to relax, Boomer emptied his mind. He calmed down by taking a quiet moment and closing his eyes. Then he took deep breaths and cleared his mind. When thoughts came in, he accepted them and then focused back on the sounds around him.

- Did you find it difficult to clear your mind?
- What thoughts kept coming back in?
- When you focused back on the sounds around you, what did you hear?



Home Time Activity

Clearing the mind can be challenging for children and adults!

Learning to clear your mind of thoughts is an acquired skill. Practice with your child so they are able to develop the skills to clear their mind.

Practice clearing your thoughts for one minute each day. Find a quiet spot, feel your body relax, take in a few deep breaths, and then empty the mind.

Practice this activity with your child. Talk about the thoughts that keep popping back in to help them articulate their own anxiety, stress, excitement, or worry.

Weekly Theme Card

There are many ways to clear your mind, and a sitting meditation is only one of them. You can release your stress and clear your mind by:

Taking a walk or hike

Talking to a friend

Reading a book

Writing in a journal

Practice an instrument

Play with your pet

- Which one would you choose?
- What are some other ways you can clear your mind and calm down when you feel stressed?

