

Lesson Overview

Squiggle's Short and Squishy 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. This includes the capacities to delay gratification, manage stress, and feel motivation and agency to accomplish personal/collective goals.

Academic Standards:

Common Core English/Language Arts Standards:

CCSS.ELA-LITERACY.W.K.8

CCSS.ELA-LITERACY.W.1.8

With guidance and support from adults, recall information from experiences or gather information from provided sources to answer a question.

CCSS.ELA-LITERACY.W.2.8

Recall information from experiences or gather information from provided sources to answer a question.

Objective:

Use self-awareness tools such as meditation, visualization, and deep breathing to manage emotions.

Essential Questions:

How can I relax when I am stressed or anxious?

I Can:

I can use mindfulness techniques to manage my emotions.



Mindful Teaching Tips

Soothing Moshi Sounds

Check out Moshi's Music Tracks for dozens of relaxing sounds you can play during rest time, nap time, quiet work time, or your own planning period. At home, choose a track and play it while you wind down before bed. You may find that you are already snoozing soundly before the track is done!

Just don't play some of these ultra-soothing sounds when you feel sleepy – unless a quick snooze is your goal!

Teaching Transcript

Today you will join Squiggle the Helpful Hedgehog, an adorable Moshling who loves to help us ease our worries and calm our minds. Squiggles will help us meditate. When we meditate, we calm our minds and bodies. This is called meditation.

Before You Listen

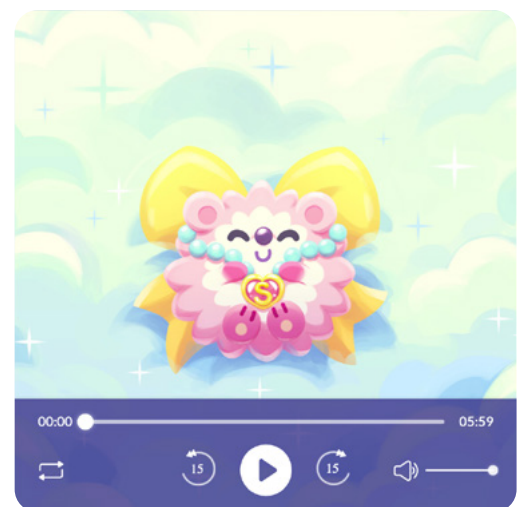
Get comfy, get relaxed, snuggle down, and close your eyes. Take a slow breath in and exhale quietly.

Squiggle reminded us that we can think about floating on our clouds any time. When could someone do that to calm down or relax?

Teach Someone at Home

Who could you teach about Squiggle and her fluffy clouds of relaxation?

You will get to do this during your Home Time Activity!



Home Time Activity

During our study of mindfulness, we are using Moshi's Mindfulness in the Classroom Series to learn how to meditate! We practiced our meditation by picturing Squiggle, an adorable Moshling porcupine with squishy soft spines. We decided that we can use meditation when we are worried, sad, nervous, anxious, or even too excited.

Invite your child to teach you about Squiggles and what they learned about meditation.

After, invite your child to draw their perfect imaginary cloud!

Weekly Theme Card

Imagine Squiggle and her squishy clouds.

Think about how your body feels when you breathe deeply.

Remember your Happy Thoughts - the people, places, and activities that make you feel wonderful!

Breathe slowly and enjoy feeling calm.

