

Lesson Overview

Stanley & Ophelia

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 mindfulness to become self-aware in interactions with others.

Use the mindfulness technique of expressing gratitude.

Essential Questions:

How can I be mindful when interacting with others?

How can I express gratitude to others?

I Can:

I can be mindful in my interactions with others.

I can express my gratitude to others.



Mindful Teaching Tips

To create a welcoming classroom, make time to greet each student when they enter the class. Whether it's a virtual learning atmosphere or in-person instruction, greeting students shows them you are happy to see them, you know their name, and they are an integral part of the class. You can encourage students to greet others and point out students who are welcoming to their classmates. Students who struggle with attendance may like to hear that they were missed when they were away, and you are glad they are back.

Teaching Transcript

Before You Listen

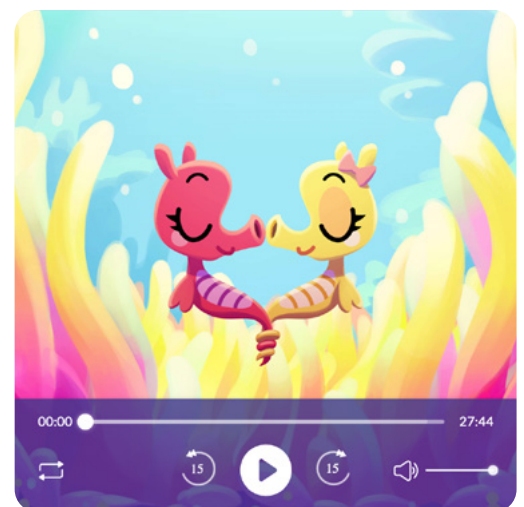
Today we continue our mindfulness lessons with Stanley the Seahorse in an undersea tale as he learns what it means to care about someone special.

In today's story, Stanley meets a seahorse named Ophelia. Ophelia helps Stanley when he needs it the most, and Stanley shows his gratitude to her.

- What and who do you feel grateful for?
- How do you express your gratitude to others?
- Stanley realizes he loves and cares about Ophelia. How do you let others know you care about them?

After You Listen

- Have you ever felt like Stanley felt before?
- Stanley and Ophelia realized they were soul mates. What are some things soul mates might have in common?
- Stanley was grateful that Ophelia saved him from the net. Have you had an experience similar to this?
- When do you feel grateful?
- When you love someone, it feels good to let them know. How could you let the people in your life know you love them?
- How do the people in your life let you know that they care about you?
- How do you feel now after listening to Stanley and Ophelia's story?



Home Time Activity

In today's mindfulness lesson, you saw how Stanley and Ophelia showed that they love each other. Think about the people you love and care about, then write down their names. Make a list of kind things you could do for them. You might help them with chores around the house, or help them prepare a meal. You could listen to them when they tell you what's on their mind, or offer encouraging words when they feel down.

Think about sincere compliments you can give the people you care about. When giving a compliment, focus on something the person does well or a special quality they share, such as kindness. You can even compliment someone for how kind they are to others, or how creative they are when making art.

Weekly Theme Card

Mindfulness includes being thoughtful when interacting with others.

Let the people around you know you care.

Remember the gratitude you have for others.

Be kind to others and help people in need.

Try giving your friends and family sincere compliments and encouraging words.

How did using your words differ from getting too upset?