

# Lesson Overview

## Tumbles the Nifty Shifty

### CASEL Standards:

**SOCIAL AWARENESS:** The abilities to understand the perspectives of and empathize with others, including those from diverse backgrounds, cultures, and contexts. This includes the capacities to feel compassion for others, understand broader historical and social norms for behavior in different settings, and recognize family, school, and community resources and supports.

### 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 understand the perspectives of others, including those from diverse backgrounds, cultures, and contexts.

Use mindfulness techniques to be welcoming to others.

### Essential Questions:

How can I understand the perspectives of others who are different from me?

How can I be welcoming to others, even those who are different from me?

### I Can:

I can understand the perspectives of others who are different from me.

I can be welcoming to others, even those who are different from me.



# Mindful Teaching Tips

Create a welcoming environment where students want to take academic risks. Provide examples for students to present their ideas or learning, even when they aren't sure if they are correct. Sentence starters such as, "I think the answer may be \_\_\_" or "I'm still figuring this out, but here's what I know so far: \_\_\_". These options give students the space to share ideas and not feel discouraged if they don't have a full grasp of the concept, or feel unsure about their answer. This takes the expectation off of the student that they must be right or wrong, and makes a welcoming place to express partial understanding or explain ideas as they are still developing in their minds.

## Teaching Transcript

Tumbles the Nifty Shifty finds himself lost in a new and beautiful land where he has never been before. He is eager to explore this new place. A group of Woodland Moshlings finds Tumbles, who doesn't look like any Moshling they've ever seen.

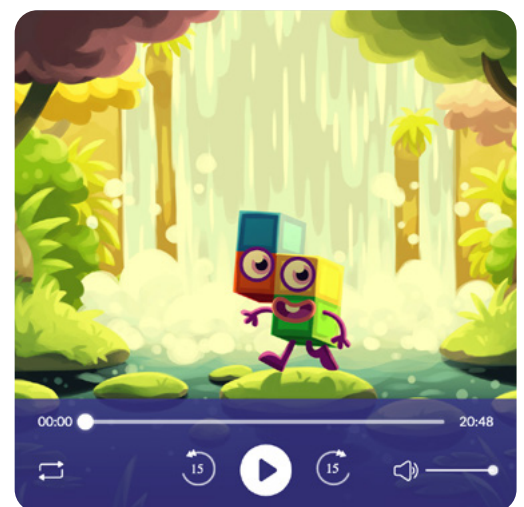
- Have you ever been in a situation like Tumbles?
- How does it feel to be in a new place?
- Have you ever welcomed someone who was new to your school or neighborhood?
- How did you make them feel welcomed?

Everyone has differences that make them unique.

- Do you have a friend who is different from you?
- What are the things you have in common that make you such good friends?

As you listen today, you will find Tumbles in a new place where he is different from everyone. Pay attention to how Tumbles tries to fit in. You will hear some wise advice about how to be a good friend to everyone, whether they are like you or not.

Get ready to listen for the ways that you can help everyone feel included.



## After You Listen

- How did the Woodland Moshlings treat Tumbles the Nifty Shifty?
- How did that make Tumbles feel?
- How did the Wonky Wizard help the Woodland Moshlings to make Tumbles feel like he was welcome?
- What did the Wonky Wizard teach the Woodland Moshlings about friendship and welcoming others?
- What special vow did the Wizard make many moons ago?
- How can you help the Wonky Wizard to do his work of spreading kindness and teaching others to be good friends to each other?

Tumbles felt like he needed to change himself to fit in. No one should have to change themselves to fit in.

- How do you help others feel included at school or in your community?

## Home Time Activity

The Wonky Wizard takes everyone to Monstro City. The Nifty Shifties come together to form the word, “WELCOME” to make their guests, the Woodland Moshlings, feel at home. Design your own welcome sign for your room or your home. You can design your sign using inspiration from the Nifty Shifties, or create your own. When you look at your sign, you can remember the advice of the Wonky Wizard to welcome others, including those who are different from yourself.

## Weekly Theme Card

Remember the lessons of the Wonky Wizard.

Welcoming others is a way to make them feel accepted.

Being different is something we should celebrate, and not fear.

No one should be made to feel alone.

A true friend sees beyond your looks, and always has your back.

If you spot anyone who feels different or excluded, welcome them and make them feel included.