

Lesson Overview

Blinki's Happy Moments

CASEL Standards:

SELF-AWARENESS: The ability to accurately recognise one's own emotions, thoughts, and values and how they influence behaviour. The ability to accurately assess one's strengths and limitations with a well-grounded sense of confidence and optimism.

Academic Standards:

National Curriculum in England - English Programmes of Study:

Spoken Language – Statutory Requirements:

Pupils will use spoken language to develop understanding through imagining and exploring ideas.

Pupils will listen and respond appropriately to adults.

Pupils will give well-structured descriptions for different purposes, including for expressing feelings.

Reading Comprehension – Statutory Requirements:

Pupils will also develop pleasure in reading, motivation to read, vocabulary and understanding by listening to and expressing views about a story at a level beyond that at which they can read independently.

Writing – Statutory Requirements:

Pupils will discuss what they have written with others.

Objective:

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

Curriculum:

This lesson is part of a well-designed curriculum that builds SEL skills sequentially. Students will continue to improve their self-management and self-awareness as well as other SEL skills in other short, high-quality lessons. During these lessons in which pupils are active participants, pupils will explicitly be taught why these improved SEL skills are so valuable.

Essential Questions:

How can I manage my emotions with mindfulness?

I Can:

I can use mindfulness techniques to manage my emotions.



Mindful Teaching Tips

Soothing Moshi Sounds

Listen to Moshi's selection of Beautiful Bedtime Sounds. You can listen to these lovely sounds during your own down time at home, or during a stressful day, turn your planning period into a calming meditation session with Moshi Sounds and some aromatherapy.

Just don't listen to these tracks when you need to feel focused and alert - they are seriously soothing!

Teaching Transcript

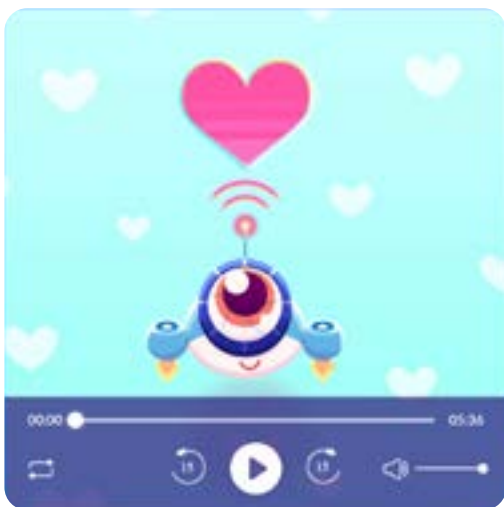
Before You Listen

Blinki will invite us to breathe deeply and think about how our breath feels. Take a big deep breath then exhale. Take a quiet slow breath. How does it feel to take deep, slow breaths? Blinki has a magic projector and this projector shows a picture, like a movie where Blinki remembers happy moments in his life. What are some happy moments in your life? Did you do something nice for someone? Did they help you out? How do you feel when you remember happy moments?

Blinki talks about love and kindness. Who are some people you love? Who are some people that love YOU?

After You Listen

Take a slow stretch and think about how you feel now that you had a relaxing Moshi Moment with Blinki and his happy thoughts.



Home Time Activity

Draw a picture or write about what you thought about during Blinki's story. What were your happy thoughts? Write or draw about what made you smile. When you are finished, share with someone in your family. Complete the sentences below about your happy thoughts!

I am so happy when I:

I love to spend time with:

One of my favourite places to go is:

When I think about these people and places, I feel:

Weekly Theme Card

Take Deep Breaths.

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.

