

Lesson Overview

Colourful Cloud Relaxation

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.

SELF-MANAGEMENT: The abilities to manage one's emotions, thoughts, and behaviours effectively in different situations and to achieve goals and aspirations.

Academic Standards:

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 participate in a discussion about stories that are read to them, taking turns and listening to what others say.

Pupils will develop positive attitudes to reading by listening to and discussing a wide range of fiction.

Writing – Statutory Requirements:

Pupils will plan their writing by discussing and recording ideas.

Objective:

Use the mindfulness technique of visualization to achieve a feeling of tranquility.

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:

What is tranquility?

How can I achieve tranquility using mindfulness and meditation?

I Can:

I can use visualization to become aware of, and manage, my emotions.



Mindful Teaching Tips

Colouring is Calming

Detailed, intricate colouring pages are now widely available online and in bookstores. Colouring a mandala, a detailed pattern, can help students calm themselves down. The physical act of colouring a pattern with care will help students focus their minds. The completion of the pattern, even if completed over several sessions, can bring a sense of achievement and accomplishment. Anyone can create something beautiful, even if they consider themselves someone who “can’t draw” or “isn’t creative.” A creative colouring picture with images that appeal to the individual is a great motivator to complete work. It’s also a quiet and managed activity that can help everyone achieve some tranquility during moments of transition, or when some students are finished and others are still working.

Teaching Transcript

Tranquility is a state of peace and quiet.

When do you feel tranquil?

What are some places where people find tranquility?

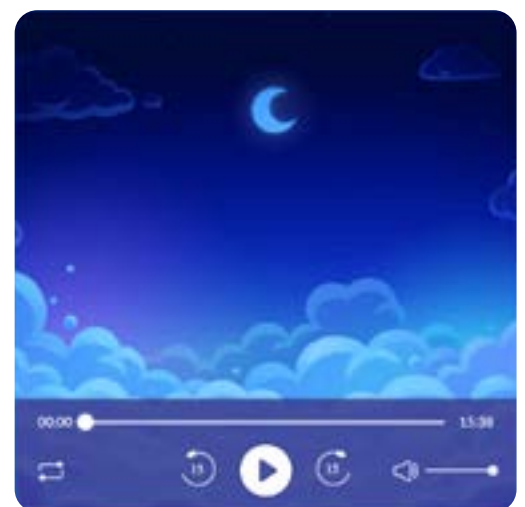
Before You Listen

Get comfortable. Remember how we breathe deeply: in through the nose and out through the mouth. Breathe like this now and get ready to focus on this Moshi Story, Colourful Cloud Relaxation. As you relax your body, think about your favorite colours. What are some of your favorite colours? Use those colours to draw what you think of when you listen to Moshi’s Colourful Cloud Relaxation.

After You Listen

You focused on your favorite colour during this meditation. How did it feel when you imagined your favorite colour surrounding you?

Write about what you saw in your mind during Moshi’s Colourful Cloud Relaxation. Use descriptive words and describe the sensory imagery that appeared in your mind during this visualisation.



Home Time Activity

During Colourful Cloud Relaxation with the Moshlings, you imagined your favorite colour. You may have felt calm, happy, or energetic when thinking of your colour. What feelings and emotions come to mind when you think of different colours? Try thinking about these colours and write about what you feel and think when you imagine these colours:

Colours

Thoughts and Feelings

Red

Yellow

Blue

Purple

Orange

Grey

Add any colours you like but aren't included in the list. If you have coloured markers or crayons, draw some images to go with your thoughts.

Weekly Theme Card

Imagine the beautiful and mystical world of Moshi where you learned about Colourful Cloud Relaxation.

Remember that feeling of tranquility as you breathe deeply.

Breathe in through your nose and out through your mouth.

Empty your mind and relax your body.

Recall what it felt like to float on your magical cloud.

Picture yourself back on the Magical Mule flying through the air, sparkles trailing behind you.

You can return to the Land of Moshi any time you want to feel a sense of tranquility.