

Lesson Overview

Cosmo's Dreamy Number Slumber

CASEL Standards:

SELF-MANAGEMENT: The abilities to manage one's emotions, thoughts, and behaviours effectively in different situations and to achieve goals and aspirations. This includes the capacities to delay gratification, manage stress, and feel motivation & agency to accomplish personal/collective goals.

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.

Mathematics Programmes of Study:

Pupils will count to and across 100, forwards and backwards, beginning with 0 or 1, or from any given number.

Objective:

Use self-management to manage one's 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 own emotions?

I Can:

I can manage my own emotions.



Mindful Teaching Tips

Family members, when your child counts (breaths, sheep, or does simple math problems) it takes the focus away from any other thinking that is keeping them awake. Counting is a way to relax the mind and find a rhythm to help naturally fall asleep.

Teachers, incorporate mathematical vocabulary into this lesson using operations and geometry. This is a great way to connect math in the classroom and strengthen vocabulary skills at the same time. Encourage students to memorise addition, subtraction, multiplication, and division facts to reduce their stress in math class.

Teaching Transcript

Before You Listen

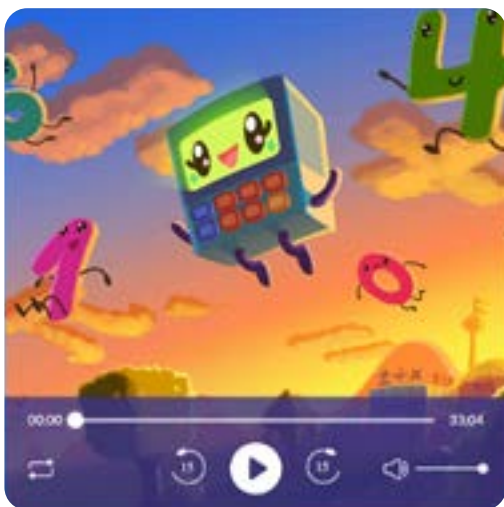
Today we are going to meet Cosmo, a Mini-Moshulator who loves math and dreaming. Cosmo loves numbers more than television!

- What is your favourite number?
- How do you feel when you see your favourite number?

After You Listen

In his dream, Cosmo visits Trigonometric Town. The buildings are all shaped like triangles and he sees a bunch of numbers walking down the street. The numbers have so many questions for Cosmo and he loves helping them solve their numeric problems.

Draw a picture of your own mathematical town and don't forget to put in your favourite numbers walking down the street! What would the numbers in your town want to learn from you?



Home Time Activity

Cosmo finds counting, adding, and subtracting to be very relaxing. On the giant pile of numbers he starts to add and subtract them all, only to drift off into a deeper sleep.

Tonight as you fall asleep, count back from 15 to 1 on the exhale of each breath to relax. Or if you want to calculate like Cosmo, think of an addition or subtraction problem each time you exhale.

Weekly Theme Card

Stress at school can feel very overwhelming, especially in math class. One way to reduce your math stress is to memorise your addition and subtraction facts. Just like Cosmo helped answer the Numbers' questions, you can easily answer math questions when you practice addition and subtraction.

Practice your math facts and see how it reduces your stress. Use flashcards and practice each day for 5 – 10 minutes.

