

# Lesson Overview

## Dawdles the Twilight Tortoise

### **CASEL Standards:**

**SOCIAL AWARENESS:** The abilities to understand the perspectives of and empathise with others, including those from diverse backgrounds, cultures, and contexts.

**RELATIONSHIP SKILLS:** The abilities to establish and maintain healthy and supportive relationships and to effectively navigate settings with diverse individuals and groups. This includes the capacities to communicate clearly, listen actively, cooperate, work collaboratively to problem solve, and negotiate conflict constructively, navigate settings with differing social and cultural demands and opportunities, provide leadership, and seek or offer help when needed.

### **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.

### **Objective:**

Use relationship skills to effectively navigate settings with diverse individuals and groups.

### **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 use mindfulness to work with diverse individuals and groups?

### **I Can:**

I can use mindfulness to work with diverse individuals and groups.

I can cooperate with other people.

I can show gratitude to others.



# Mindful Teaching Tips

Kindness and understanding that all people have various abilities is essential for children to understand. Practicing kindness enhances positivity which helps children feel good about themselves. Plus it increases serotonin levels.

Help children understand that talents are more than what we see on television games shows. While singing, dancing, and playing sports are talents, there are a lot of other talents as well – like motivation, perseverance, and working as a team. These talents often go unnoticed and should be brought to the forefront in the classroom.

## Teaching Transcript

Today we find Dawdles the Twilight Tortoise slowly walking through the grass as Zonkers the Bonkers Whizzling zooms by at top speed. Zonkers yells out some unkind words to Dawdles. So Dawdles decides to challenge him to a race and whoever loses has to be more kind. Dawdles draws up a contract for Zonkers to sign.

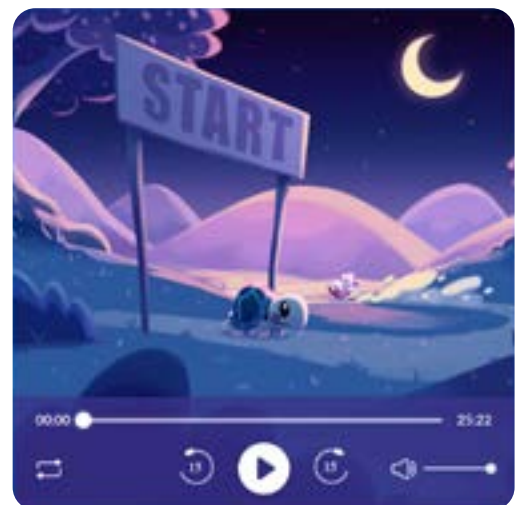
Create a kindness contract with the class. Have students think of parts that should be included in the kindness contract for the class. Begin the contract with the words, “I agree to treat other students with kindness by ...” Once the contract is written everyone can sign it.

### After You Listen

Dawdles and Zonkers both had different skills and abilities. It was unkind of Zonkers to be boastful and rude to Dawdles just because he was not as fast as him.

During outside time, invite students to experience moving in different ways – hopping on one foot, turning backwards, rotating in a circle, holding a ball between their knees, taking baby steps or giant steps, skipping, galloping, or adding certain obstacles.

Wrap up with asking students to share which movement was easiest for them and which was the most challenging.



# Home Time Activity

Ask your child a few questions about the story...

What is the main conflict between Dawdles and Zonkers?  
What do Dawdles and Zonkers each want to happen?

Ask your child about a recent conflict they have had in their life with another person.

How did they work with that person to make the situation better?  
What advice would they give someone who was in a conflict with another person?

## Weekly Theme Card

Zonkers boasted about his ability to run fast, but he forgot that other skills can be helpful in a race too! Zonkers was boasting to all of the Moshlings about how good he was at being fast. Is it kind to always be talking about yourself?

It was very brave of Dawdles to do something that he knew was hard for him. We each have something that is easy for us but hard for others. Instead of boasting about himself, Zonkers could have learned that Dawdles was good at keeping a steady pace and never giving up. Think about your friends - what are they good at? What can they do really well?

Give each of your friends a compliment about their abilities this week. Take some time to think about their talents. You can tell them face to face or write them a letter to tell them how great they are!

