

Lesson Overview

Ease Worries with Wallop

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 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 self-awareness to identify 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 use self-awareness to identify my emotions?

I Can:

I can use self-awareness to identify my emotions.



Mindful Teaching Tips

Carers, practice naming emotions with your learner each day. Naming emotions defuses their power over a child and lessens the burden they create. When the intensity of the emotion is lowered, it is easier to think and make better decisions.

Have a list of emotions available for your child to choose from as they are learning to name their feelings. There are great magnetic charts that allow children to specify their current emotion.

Teaching Transcript

Today we find ourselves in Thwack Boom Valley with a Moshling named Wallop. When things feel overwhelming for Wallop, the Jolly Tubthumper, he seeks out a peaceful place where he can quiet his mind. Wallop discovered a way for him to calm down.

Before You Listen

Find a comfortable spot where you can sit up straight.

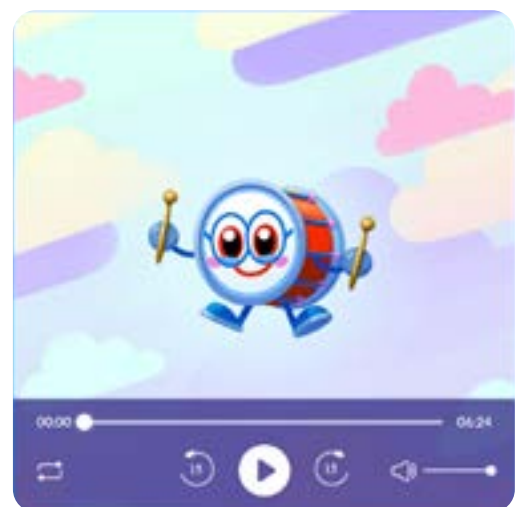
After You Listen

In order to calm down, Wallop pictured himself leading a parade of his friends while twirling his drumsticks.

- What wonderful experience did you picture to make you feel happy?

Take one minute to write down your experience on a sheet of paper or in a journal. Remember this happy experience whenever you are feeling anxious or tense.

Have students share their happy experience with a small group of classmates.



Home Time Activity

Practice tensing part of your body and then relaxing it. Tense your shoulders up to your ears as tight as you can, then relax them. Notice how your body feels when you release the tension. Try this with different parts of your body, like your calves, arms, and hands.

Each time notice how you feel when you relax. When you feel your body tense up during stress, now you can relax and let it go!

Weekly Theme Card

The first thing Wallop does to help him calm down is to accept he is feeling anxious and tense. While he knows this feeling will pass, it feels better to say it out loud.

Practice naming your feelings. Say, "Right now I feel happy!" or "This morning I am feeling a little sad." Just like Wallop, you can also add the words 'this feeling will pass' when you feel emotions that you are not comfortable with.

