

# Lesson Overview

## Flash and Wanda's Perfect Storm

### **CASEL Standards:**

**SOCIAL AWARENESS:** The abilities to understand the perspectives of and empathise with others, including those from diverse backgrounds, cultures, & contexts. This includes the capacities to feel compassion for others, understand broader historical, and social norms for behaviour in different settings, and recognise family, school, and community resources and supports.

### **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 plan their writing by discussing and recording ideas.

### **Objective:**

Use mindfulness to have positive social interactions with others.

### **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 have positive interactions with others?

### **I Can:**

I can use mindfulness to have positive social interactions with others.



# Mindful Teaching Tips

As an extension to this lesson, try playing Moshi Music or Sounds during class time. The sound of rain, waves, or wind can often calm listeners. Try Gombala Rain Showers or Restful Moshi Rainfall for some soothing storm sounds. For sounds that encourage focus, try Squiggle's Soothing Study Beats or SleepyPaws' Fantastic Focus.

## Teaching Transcript

### Before You Listen

The story of Flash and Wanda, a pair of Moshling Clouds, teaches us about friendship. Get ready to listen by settling in and breathing deeply. Listen out for what makes Flash and Wanda such good friends.

- What are the qualities of a good friend?
- How are you a good friend to others?

Flash and Wanda create the best type of storm to help others fall asleep. This pair of friends works together to create something beautiful.

- Have you ever worked together with another person or a group?
- What was your goal?

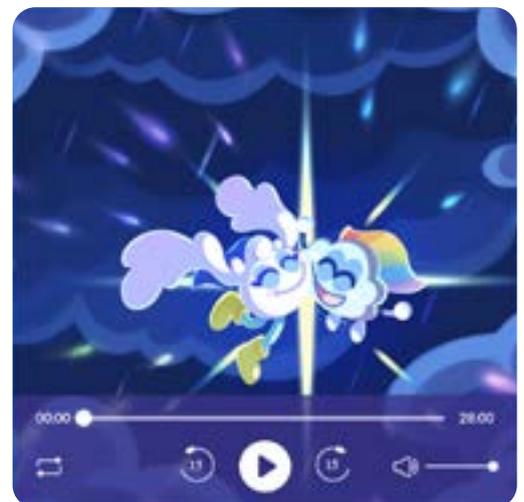
### After You Listen

Flash is a Rowdy Rumbler who loves creating rainbows and lightning bolts. He is energetic and loud whereas Wanda, the Cottony Cloud, is mellow and relaxed. Still, they have some important things in common.

- How are Flash and Wanda different?
- What do they have in common?
- Why do you think Flash and Wanda are such good friends?
- What are some ways you could work together with others like Flash and Wanda did?

Write or draw what you liked best about Flash and Wanda's Perfect Storm.

- How do you feel now after listening to this story?



# Home Time Activity

Flash and Wanda made beautiful storms together. The sound of thunder and the flash of lighting can seem frightening. Try imagining how these sights and sounds during a big storm are really Flash and Wanda doing their legendary dance together as best friends.

Thunder and lighting are weather occurrences that happen when certain conditions are present. You can research the cause of thunderstorms, and even find out when they are most likely to happen. Then you can not only imagine the playful Moshling friends, Flash and Wanda, dancing together, but also understand the weather forecast. Then big storms might not be as frightening when you understand the science behind them.

## Weekly Theme Card

Remember how the true friendship of Flash and Wanda, the Moshling Clouds, make beautiful sights and sounds during storms.

Whether you are quick and bright like Flash, or mellow and kind like Wanda, you are important to your family, friends, and community.

Imagine Flash and Wanda, different from each other, but working together to create something beautiful.

Next time you hear a storm approaching, remember Flash and Wanda's friendship and the perfect storm they create together.

