

Lesson Overview

Gumdrop's Magical Meditation Spheres

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 focus attention on releasing negative 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 through short, high-quality lessons. During these lessons in which pupils are active participants, they will explicitly be taught why these improved SEL skills are so valuable.

Essential Questions:

How can I focus my attention to release negative emotions?

I Can:

I can focus my attention to release negative emotions.



Mindful Teaching Tips

Natural sounds are relaxing because they are often constant, pleasantly pitched noises. The brain interprets natural sounds as nonthreatening which means the fight-or-flight response is decreased. This in turn lowers stress levels and helps people become more relaxed.

Play natural sounds in the classroom during an activity, quiz, or test. These calming sounds will help pupils relax which may result in better focus.

Also, allow pupils to use their meditation spheres in class to help the kinesthetic learners focus on the material that is being presented.

Teaching Transcript

Gumdrop, the Bendy Vandy's transparent head is full of items to help you relax. While his head looks a lot like a gumball vending machine, it contains magical meditation spheres to help let go of negative thoughts and emotions.

Before You Listen

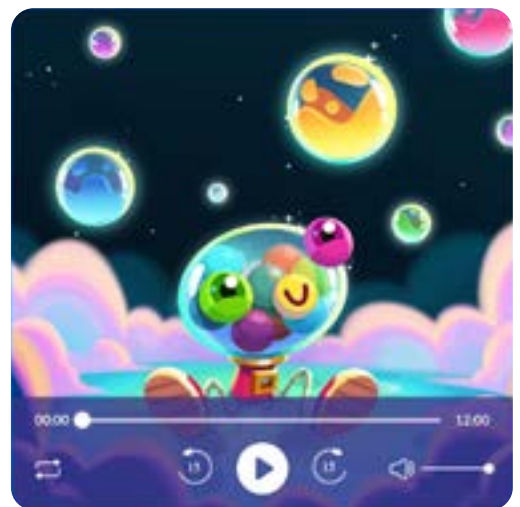
Find a comfortable spot where you can sit cross-legged on the floor. Close your eyes and begin to relax.

After You Listen

During the meditation, you pictured two magical meditation spheres. What did they look like?

Today, we are going to decorate our own meditation spheres. You can either use the image from your meditation or create something totally new. You can paint or colour your meditation sphere however you want in order to help you focus during a meditation.

Teachers, provide pupils with small wooden balls to paint or use markers to colour.



Home Time Activity

The magical meditation spheres made a swirling, soothing, tinkling sound. Different sounds make us feel different ways. How do these sounds make you feel?

- Crashing waves
- Emergency vehicle
- Whale songs
- Loud horns
- Pop music
- Bird screech

Carers, play a variety of sounds for your learner and have them name an emotion that the sound produces. Help your child name the emotion by having a list of emotions available.

Weekly Theme Card

During your meditation, use your magical meditation spheres you made in class to practice meditating. Turn on some soothing music and see if you can move the meditation spheres with the rhythm of the music. Try different types of music and sounds to see which ones you like best!

