

# Lesson Overview

## Inner Peace with Pablo

### **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 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 compose their sentences orally before writing them down.

### **Objective:**

Identifying and managing 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 calm myself down and find inner peace?

### **I Can:**

I can use mindfulness to manage my emotions.



# Mindful Teaching Tips

## Create a Peaceful Classroom

Even if your classroom is virtual, you can create calm in your students. As students are working quietly, you can play peaceful sounds, such as those in the Moshi App, as a motivator during focused work times.

If you are in the classroom, work on alternative lighting other than bright overhead lights. Just like at your home, make the teaching space, even if virtual, a calm place to work.

Explain to your students that these things help YOU focus as their teacher, and that's important too!

## Teaching Transcript

Today you will learn about Pablo and how he loves to paint. What do you like to paint or draw?

In this story, Pablo is in a beautiful place. What is a beautiful place outside you like to be?

Pablo imagines a meadow. A meadow is a field where grass grows and insects and small animals live.

Today you will sit up like a tall tree. Sit or stand and make yourself tall like a tree in your own space. Stretch and feel yourself standing or sitting straight.

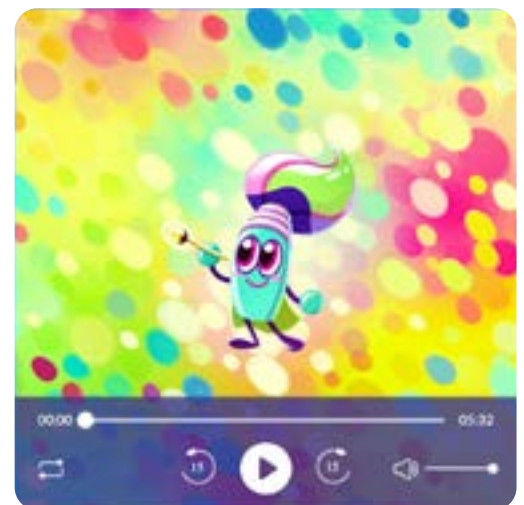
What does it feel like to stand or sit up straight?

## Get Ready to Listen

Get comfy...Sit straight and tall...Get ready to imagine with Pablo the Plush Brush!

## After You Listen

How did you feel after you heard Pablo's story?  
What did Pablo's meadow look like in your mind?  
Write about it or draw it now.



# Mindfulness in the Classroom

## Inner Peace with Pablo

Dear Families,

Today our class imagined a beautiful outside place in our Mindfulness with Moshi Series. We heard Inner Peace with Pablo, a story about Pablo, a rainbow-coloured paintbrush who imagines peaceful places he likes to paint when he wants to calm down.

Take a walk outside together to a natural area if you are able. Take in the sights and sounds and help your child notice details about the scene. Invite them to write or draw about their outside place. Next time they want to relax like Pablo, they can remember the calming details of their beautiful outdoors scene.

### My Beautiful Place



# Weekly Theme Card

1. Get comfortable and imagine your back is a tall tree.

2. Breathe in deeply through your nose and out through your mouth.

3. Imagine a peaceful meadow in your mind.

4. Feel your Inner Smileyness!

5. See if you can feel your Inner Smileyness all day.

6. Imagine your OWN Beautiful Place!

