

# Lesson Overview

## Rainy Umbrella Relaxation with Kazuki

### **CASEL Standards:**

**SELF-MANAGEMENT:** The ability to manage one's emotions, thoughts, and behaviours effectively in different situations. This includes the capacities to delay gratification, manage stress, and feel motivation and agency to accomplish personal/collective goals.

### **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 the mindfulness technique of visualisation to manage 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 manage my emotions using mindfulness?

### **I Can:**

I can use visualisation to manage my emotions and calm myself down.



# Mindful Teaching Tips

Explore different sounds on the Moshi app. There are several tracks with peaceful rain sounds or waves crashing. Students may respond to the incentive of playing sounds during quiet work. Some teachers have included a small tabletop fountain into their classrooms. Moshi Sounds give you an extended list of audio relaxation options to play for any setting.

## Teaching Transcript

### Before You Listen

In today's meditation we will visit Kazuki the Kabuki KitiKati who lives in the metropolis of Moshimo City.

What are some sights and sounds you may hear in a large city?

Have you visited a large city?

What was your experience like?

Kazuki loves to listen to the rain fall. One of Kazuki's favourite things is her lotus flower umbrella.

Kazuki focuses on the calming sounds of the rain around her as she breathes deeply. She breathes in slowly through her nose then out through her mouth.

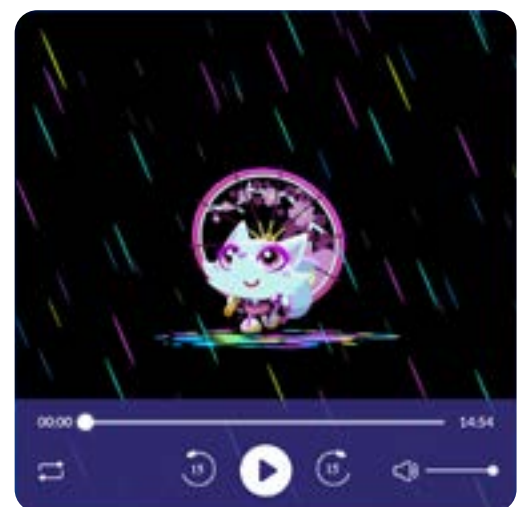
Let's practice this now and take a few breaths. Get comfortable and listen as we meditate with Kazuki and picture Moshimo City.

### After You Listen

Which parts of Moshimo City did you enjoy imagining the most? Describe them and include a sketch of what you pictured in your mind.

Kazuki thought about the smell of the flowers in the park as the rain fell on them. Have you ever experienced the smell of rain? What was it like?

Rain makes Kazuki calm and relaxed. What are some other emotions you associate with rain?



# Home Time Activity

## The Smell of Rain

During Kazuki's Rainy Umbrella Relaxation, you imagined and described the smell of rain. There is a scientific reason for this smell. The unique smell during the first moments of a rainfall is called petrichor. Research petrichor and write about it. Complete the research questions below:

Petrichor occurs when \_\_\_\_\_.

The unique smell of petrichor is caused by \_\_\_\_\_.

\_\_\_\_\_ is where I found this information.

## Weekly Theme Card

When you need a few moments of calm, remember to be mindful.

Think about the soothing sounds of the rain falling.

Kazuki's umbrella was a lotus flower. Imagine the sound of the rain falling on your umbrella.

Recall the smell of the rain as it fell on the gardens of Moshimo City.

Remember to breathe deeply and slowly, in through your nose and out through your mouth.

The more you practice being mindful, the easier it will be to imagine you are back with Kazuki and the Moshlings in the peaceful world of Moshimo City.

