

# Lesson Overview

## ShiShi's Soothing Anxiety Shrinker

### 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.

**SELF-MANAGEMENT:** The abilities to manage one's emotions, thoughts, and behaviours effectively in different situations and to achieve goals and aspirations. This includes the capacities to delay gratification, manage stress, and feel motivation & 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 discuss what they have written with other pupils.

### Objective:

Identifying and managing anxiety.

### 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 identify when I am anxious?

What can I do when I have anxiety?



**I can:**

I can use mindfulness to identify and manage my emotions.

## Mindful Teaching Tips

Give students the option to identify their emotions:

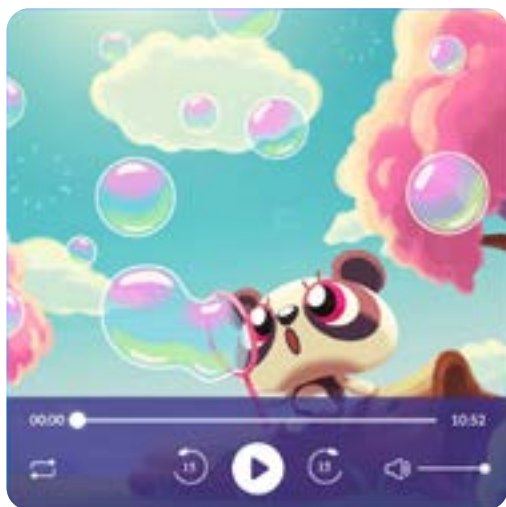
- For younger learners, make an emotion chart available.
- You can find one, or for more class involvement, guide them in creating a class emotion chart.
- Make copies available and allow students to request to use it.
- For virtual instruction, have a digital copy available or incorporate a daily check in with an emotions chart as part of virtual, hybrid, or in-class instruction.

## Teaching Transcript

### Identifying Emotions: What is Anxiety?

Anxiety is the feeling you have when you are worried about something. Anxiety makes it hard to focus or relax.

Today we will learn about a magical Moshling named ShiShi the Sneezing Panda who has a special way to make her anxiety disappear!



### Use Your Imagination!

ShiShi worries and feels anxious so she uses her imagination to calm herself down. She imagines a beautiful place.

What is a beautiful place you have been?

Describe it or draw a picture. What does it look like? How does it feel to be there?

### Time to Listen!

Get ready to listen!

Get cozy...

Get comfy...

Get ready to hear ShiShi's Soothing Anxiety Shrinker!

### After You Listen

How do you feel after you have listened to how ShiShi shrinks her anxiety?

What could you imagine is happening in your own Anxiety Shrinker?

Draw a picture and write about it now. Explain to someone in your family how to use your magical and fun anxiety shrinker.

# Mindfulness in the Classroom

## ShiShi's Soothing Anxiety Shrinker

Dear Families,

Today we learned how to deal with anxiety by using ShiShi's Soothing Anxiety Shrinker from the Mindfulness in the Classroom with Moshi series. Ask your child to tell you about how to recognize anxiety and what they can do about it.

Next, they can design their own Magical Anxiety Shrinker in the activity below!

## Home Time Activity

Design Your Own Magical Anxiety Shrinker!

ShiShi imagines her worries float away like bubbles.

**What could you imagine is happening in your own Magical Anxiety Shrinker?**



# Weekly Theme Card



1. Imagine your golden thread and sit up straight.

2. Get comfortable and breathe in and out.

3. Remind yourself: I know this feeling will pass.

4. Picture yourself in a beautiful meadow.

5. Imagine your worries inside of bubbles that float away on the breeze and pop.

6. Imagine your own Magical Anxiety Shrinker making your worries magically disappear!

## Moshi Stories

In Fluttercup's School for Unicorns, your child can learn about fun and calming self affirmation exercises with a Moshi Story that you can share with your child or they can listen to on their own at bedtime!

