

Lesson Overview

Squiggle's Short and Squishy Relaxation

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.

Objective:

Use self-awareness tools such as meditation, visualisation, and deep breathing 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 relax when I am stressed or anxious?

I Can:

I can use mindfulness techniques to manage my emotions.



Mindful Teaching Tips

Soothing Moshi Sounds

Check out Moshi's Music Tracks for dozens of relaxing sounds you can play during rest time, nap time, quiet work time, or your own planning period. At home, choose a track and play it while you wind down before bed. You may find that you are already snoozing soundly before the track is done!

Just don't play some of these ultra-soothing sounds when you feel sleepy – unless a quick snooze is your goal!

Teaching Transcript

Today you will join Squiggle the Helpful Hedgehog, an adorable Moshling who loves to help us ease our worries and calm our minds. Squiggles will help us meditate. When we meditate, we calm our minds and bodies. This is called meditation.

Before You Listen

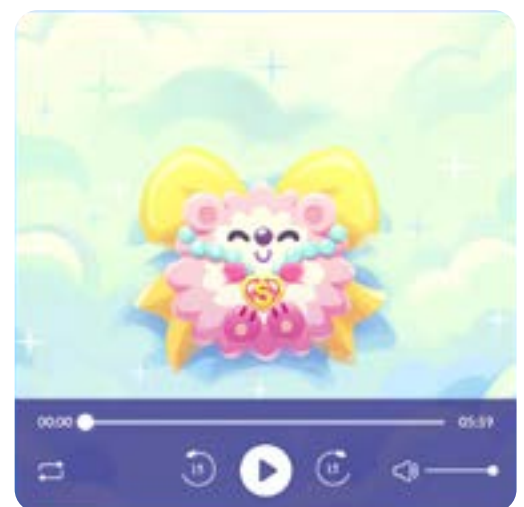
Get comfy, get relaxed, snuggle down, and close your eyes. Take a slow breath in and exhale quietly.

Squiggle reminded us that we can think about floating on our clouds any time. When could someone do that to calm down or relax?

Teach Someone at Home

Who could you teach about Squiggle and her fluffy clouds of relaxation?

You will get to do this during your Home Time Activity!



Home Time Activity

During our study of mindfulness, we are using Moshi's Mindfulness in the Classroom Series to learn how to meditate! We practiced our meditation by picturing Squiggle, an adorable Moshling porcupine with squishy soft spines. We decided that we can use meditation when we are worried, sad, nervous, anxious, or even too excited.

Invite your child to teach you about Squiggles and what they learned about meditation.

After, invite your child to draw their perfect imaginary cloud!

Weekly Theme Card

Imagine Squiggle and her squishy clouds.

Think about how
your body feels
when you breathe
deeply.

Remember your
Happy Thoughts -
the people, places,
and activities that
make you feel
wonderful!

Breathe slowly
and enjoy feeling
calm.

