

# Lesson Overview

## Yawnsy's Blissful Body Scan

### **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.

### **Objective:**

Use self-awareness to connect thoughts with emotions and actions.

### **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 recognise my thoughts and calm down before I get too upset?

### **I Can:**

I can recognise my thoughts and calm down before I get too upset.



# Mindful Teaching Tips

Next time you are rushing to a meeting after a long day of teaching, try this body scan technique to help you relax and let go of the stress from the day. If you don't have a lot of extra time, try wiggling and scrunching your feet and hands during the meeting, but maybe wait to scrunch your nose until it is over!

## Teaching Transcript

### Before You Listen

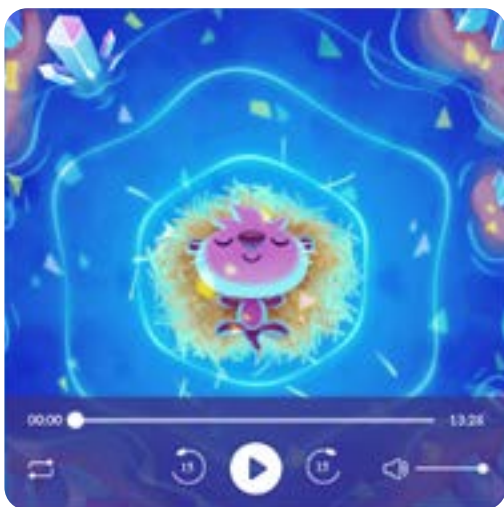
Today we will meet Yawnsy, a Sleepwalking Otter from Snufflepeak Creek who does a body scan to relax.

The purpose of a body scan is to tune in to your body. That means learning to reconnect to your physical self. Body scans help us notice any sensations we are feeling without deciding if they are good or bad.

Yawnsy snuggled into his bed of reeds and did a body scan. He takes a moment to feel and listen to his body. Settle in, take some deep breaths and focus on today's meditation with Yawnsy.

### After You Listen

- How does your body feel after wiggling, scrunching, and relaxing?
- Were there any areas of your body that had a hard time relaxing?
- How can you use this technique at school?
- When could you use this technique at home?



# Home Time Activity

Teach your family members how to do a body scan. Lie down somewhere comfortable. Show your family member how to wiggle their toes, scrunch their toes, and then relax their toes. Practice wiggling, scrunching, and relaxing together. Add other parts such as the legs, arms, or neck as you practice.

Ask your family member how they felt after the body scan: Did they relax and feel calm and peaceful like Yawnsy?

## Weekly Theme Card

Yawnsy lives in a cave behind a waterfall that is filled with shimmering gems and rocks. Find a gem or rock that you like and bring it back to your 'cave' (bedroom). Place it near your bed and let it remind you to do a body scan just like Yawnsy.

