

# Self Awareness Unit Lesson 2: Benedict's Cracking Adventure

## **CASEL Standards:**

Self-Awareness - Recognizing one's emotions and values as well as one's strengths and challenges.

## **Academic Standards:**

Students will focus on the following general early education and pre-kindergarten instruction and school readiness focus areas:

Communication with others.

Identifying emotions.

Using images and language to communicate emotions.

## **Objective:**

Students will recognize and identify emotions.

Students will recognize which behaviors and emotions indicate tiredness.

## **Essential Questions:**

How do I identify my emotions?

How do I behave when I need rest?

## **I Can:**

I can identify my emotions.

I can learn to identify my emotions when I need rest.



# Mindful Teaching Tips

Teaching mindfulness through self awareness in the classroom helps students to become comfortable with identifying emotions, rather than being overwhelmed with them or unable to communicate about them. Incorporate an emotions chart, or continue this instruction in class. Invite students to share about different emotions they have felt when they are tired, sad, upset, happy, etc. The more students are comfortable talking about emotions, the more able they are to recognize their own.

## Teaching Transcript

### Before You Listen

Remember how Benedict felt when he was too tired. Today Benedict is going to find someone to help him with his problem of being too tired.

Today Benedict will meet Professor Feathersnooze. A professor is a teacher. Listen for ways that the Professor teaches Benedict to relax and get better rest. You can remember the list we made last time about ways you can relax. We will add to that list after we listen to the rest of this story.

The reason Benedict keeps cracking is because he doesn't get enough sleep.

When we are tired, it is hard to concentrate and think.

Play the audio 11:13 to 20:38. This section is longer, so set a purpose for listening. After the story, background music will continue until the end of the track.

Educator's Choice: You can invite students to draw Benedict, Professor Feathersnooze, or a setting from the story as they listen to help them engage in a longer audio track.



## After You Listen

Benedict thinks about sleep. Moshlings need their sleep, just like everyone. Feeling tired, stressed, and broken isn't any fun.

Let's answer these questions together:

Why was Benedict cracking and feeling grouchy?

How did Benedict fix his cracks?

How can you keep yourself feeling well?

(Reinforce these mindfulness practices from Benedict and the Professor.)

He goes to bed each evening at the same time.

Routine is a big part of a good night's rest.

Clear your mind to help unwind before you go to bed.

When Benedict's thoughts are calm before bed, he feels better.

Think about fun things, friends, family, and happy wishes before bed to have a calmer night of sleep.

Let's draw Benedict without any cracks and complete these sentence starters:

Benedict goes to bed \_\_\_\_\_.

Clear your mind by \_\_\_\_\_.

When your thoughts are calm, \_\_\_\_\_.



# Take Home Activity

Ask your child about Benedict and how he keeps from cracking. Benedict looks like an egg, and when he doesn't get enough rest, he starts to crack. Here are some sentences to practice reading with your child. Invite them to draw a picture that shows them going to bed on time, clearing their mind, or thinking of happy thoughts. You can post these pictures in your child's room, or somewhere visible at home to talk about when it's time to get some rest.

I can go to bed at  
the same time.

I can clear my mind with  
happy thoughts

When I am calm, I can  
rest the best.

## Weekly Theme Card

Benedict starts to crack when he gets tired or stressed.

Getting enough rest means you can feel your best.

When you get too tired, it's hard to stay positive.

Remember your list of ways to relax at home.

You can help yourself relax when you feel stressed or tired.