

# Lesson Overview

## Calming SeaStar Breathing

### **CASEL Standards:**

**SELF-AWARENESS:** The abilities to understand one's own emotions, thoughts, and values and how they influence behavior across contexts. This includes capacities to recognize one's strengths and limitations with a well-grounded sense of confidence and purpose.

### **Academic Standards:**

Common Core English/Language Arts Standards:

CCSS.ELA-LITERACY.SL.3.2

CCSS.ELA-LITERACY.SL.4.2

CCSS.ELA-LITERACY.SL.5.2

Determine the main ideas and supporting details of a text read aloud or information presented in diverse media and formats, including visually, quantitatively, and orally.

### **Objective:**

Use self-awareness to calm down during times of stress.

### **Essential Question:**

How can I calm down during times of stress?

### **I Can:**

I can calm down during times of stress.



# Mindful Teaching Tips

Introduce your class or your child to mindful movement. Mindful movement is done by placing all of your attention on the movements of your body and your breathing. It can be done in the classroom by having students take a moment to simply notice the weight of their feet while standing in line or taking a quick break to think about their posture at their desk.

This gives students a brief moment of stillness and relaxation during a busy school day. Try incorporating mindful movement in your classroom not only with the students, but for yourself as well!

## Teaching Transcript

On the shores of Potion Ocean are lots of Moshling SeaStars. One of them is Fumble the Acrobatic SeaStar who is going to help us learn how to calm down during times of stress.

- Have you ever been to the beach?
- Did you see starfish?
- What did they look like?

### Before You Listen

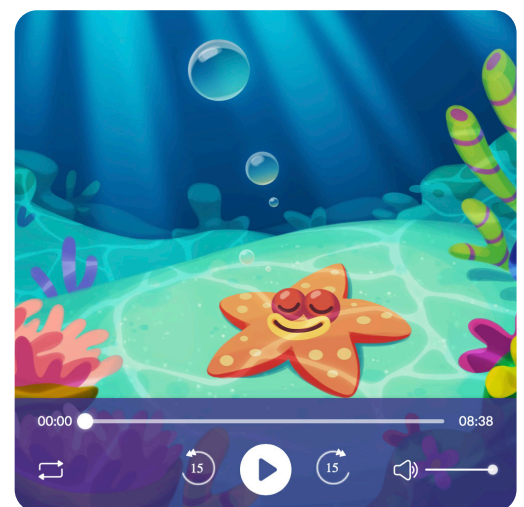
Find a comfortable spot where you can sit.

### After You Listen

Movement helps us to focus on breathing in and out. Just like you moved one hand up and down your SeaStar, you can do other movements to help you focus on your breath.

As we take a deep breath in, bring your arms high up over your head.

Then as you breathe out, fold your body in half and reach down to the floor. Or breathe in and reach high up and breathe out and put your arms down to the side.



# Home Time Activity

A SeaStar is a great way to focus on your breathing. But for some children, closing their eyes can be challenging.

Trace your hand on a sheet of paper, cut it out, and decorate it like Fumble the Acrobatic SeaStar. Use the cut out to focus on during the meditation as your child can visually concentrate on the SeaStar while breathing in and out.

## Weekly Theme Card

During the meditation, we imagined a place that we love to go to. It could be a place that you have visited, you have seen in a picture, or imagined in your head.

Find images of different places either in magazines or online and print out the pictures. Have your child choose which places they would love to go. Use this as a springboard for thinking about trips and vacations that you could take to see these wonderful places in real life.

