

# Lesson Overview

## Chop Chop's 5 Minute Chill

### **CASEL Standards:**

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

**RESPONSIBLE DECISION-MAKING:** The ability to make caring and constructive choices about personal behaviour and social interactions across diverse situations. This includes the capacities to consider ethical standards and safety concerns, and to evaluate the benefits and consequences of various actions for personal, social, and collective well-being.

### **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 & expressing views about a story at a level beyond that at which they can read independently.

Writing – Statutory Requirements:

Pupils will compose their sentences orally before writing them down.

### **Objective:**

Use self-awareness tools such as meditation, visualization, 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 calm myself down when I am upset or excited?

### **I Can:**

I can use mindfulness to calm myself down.



# Mindful Teaching Tips

## Class, Class

At North Branch School in Afton, VA, a school committed to mindful teaching and learning techniques, teachers use a call and response to focus the attention of their class. The teacher sings to her students, “Class, class” and the students sing back and match her tone. She may have to repeat it but when all students have sung back to her at once in the same tone, she knows they are ready to begin.

This method helps the teacher be mindful of her tone and the students to focus. When everyone is singing their quick response together, the class can begin!

## Teaching Transcript

### Before You Listen

Today we will relax our bodies like Chop Chop the Cheeky Chimp!

First we will move our bodies to get ready.  
Move your hands, then your arms, then your shoulders.  
Stretch your back and your legs.  
Move your feet slowly and quietly.

Chop Chop imagines going on a holiday to his favourite places when he wants to calm down. A holiday can be a trip to see a family member, or to visit a new place. Where would you like to go on holiday?

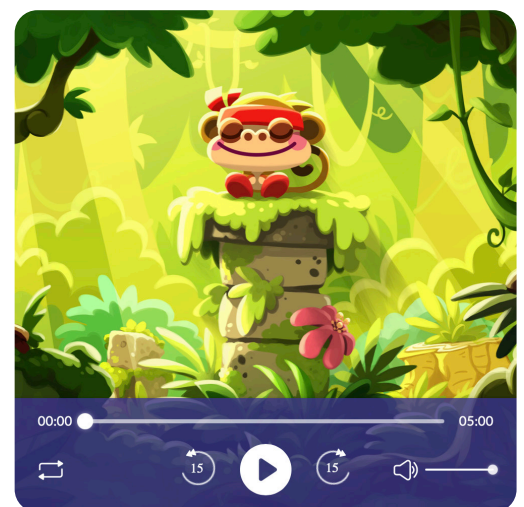
What do you think this place would look like? Sound like?  
Smell like? Even taste like? These are called the senses.  
Think about using your senses during Chop Chop’s 5 Minute Chill!

### After You Listen

What was the place in your mind like? Did you use your five senses? Write or draw about it below.

How do you feel now that you have chilled out with Chop Chop?



When you try Chop Chop’s Chill Out at home, you will be able to create a magical world of relaxation with ALL five of your senses!



# Home Time Activity

## Serene World of The Senses

What are your favourite sights? Sounds? Smells? Tastes? Textures? Write about them below and create your own imaginary world!

<div>5</div> <div>Things that you can <b>SEE</b></div> <div></div> <div></div>	<div>4</div> <div>Things that you can <b>FEEL</b></div> <div></div> <div></div>	<div>3</div> <div>Things that you can <b>HEAR</b></div> <div></div> <div></div>	<div>2</div> <div>Things that you can <b>SMELL</b></div> <div></div> <div></div>	<div>1</div> <div>Things that you can <b>TASTE</b></div> <div></div> <div></div>
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Now create your world below and write or draw about your favourite senses!



# Weekly Theme Card

Have a stretch! Stretch your hands and feet, arms and legs, shoulders and neck. Relax your body.  
Remember Your 5 Senses:

Think of your...

Favourite Sounds

Favourite Sights

Favourite Smells

Favourite Tastes

Favourite Textures

Take deep slow breaths and enjoy your Serene World  
of The Senses.

