

# Lesson Overview

## Colorful Cloud Relaxation

### **CASEL Standards:**

**SELF-AWARENESS:** The abilities to understand one's own emotions, thoughts, and values and how they influence behavior across contexts.

**SELF-MANAGEMENT:** The abilities to manage one's emotions, thoughts, and behaviors effectively in different situations and to achieve goals and aspirations.

### **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 the mindfulness technique of visualization to achieve a feeling of tranquility.

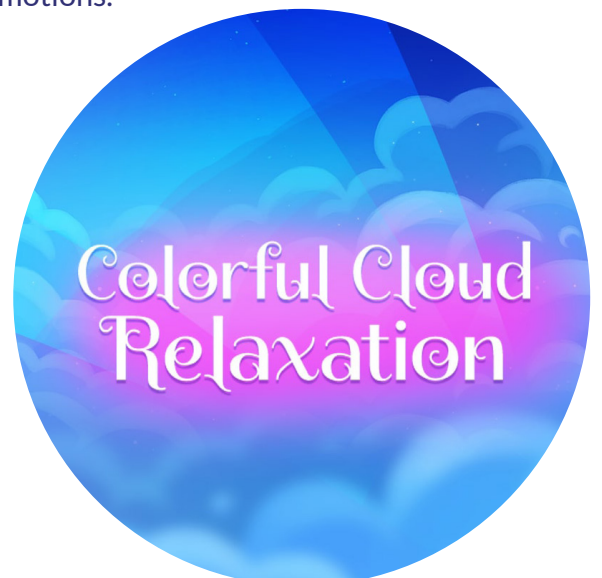
### **Essential Questions:**

What is tranquility?

How can I achieve tranquility using mindfulness and meditation?

### **I Can:**

I can use visualization to become aware of, and manage, my emotions.



# Mindful Teaching Tips

## Coloring is Calming

Detailed, intricate coloring pages are now widely available online and in bookstores. Coloring a mandala, a detailed pattern, can help students calm themselves down. The physical act of coloring a pattern with care will help students focus their minds. The completion of the pattern, even if completed over several sessions, can bring a sense of achievement and accomplishment. Anyone can create something beautiful, even if they consider themselves someone who “can’t draw” or “isn’t creative.” A creative coloring picture with images that appeal to the individual is a great motivator to complete work. It’s also a quiet and managed activity that can help everyone achieve some tranquility during moments of transition, or when some students are finished and others are still working.

## Teaching Transcript

**Tranquility is a state of peace and quiet.**

When do you feel tranquil?

What are some places where people find tranquility?

### Before You Listen

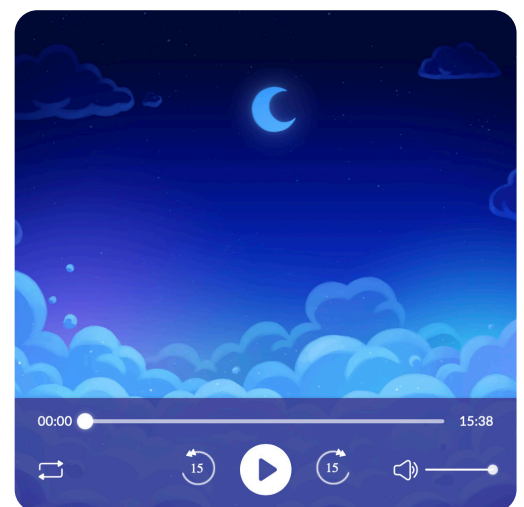
Get comfortable. Remember how we breathe deeply: in through the nose and out through the mouth. Breathe like this now and get ready to focus on this Moshi Story, Colorful Cloud Relaxation.

As you relax your body, think about your favorite colors. What are some of your favorite colors? Use those colors to draw what you think of when you listen to Moshi’s Colorful Cloud Relaxation.

### After You Listen

You focused on your favorite color during this meditation. How did it feel when you imagined your favorite color surrounding you?

Write about what you saw in your mind during Moshi’s Colorful Cloud Relaxation. Use descriptive words and describe the sensory imagery that appeared in your mind during this visualization.



# Home Time Activity

During Colorful Cloud Relaxation with the Moshlings, you imagined your favorite color. You may have felt calm, happy, or energetic when thinking of your color. What feelings and emotions come to mind when you think of different colors? Try thinking about these colors and write about what you feel and think when you imagine these colors:

**Colors**

**Thoughts and Feelings**

Red

Yellow

Blue

Purple

Orange

Gray

Add any colors you like but aren't included in the list. If you have colored markers or crayons, draw some images to go with your thoughts.

## Weekly Theme Card

Imagine the beautiful and mystical world of Moshi where you learned about Colorful Cloud Relaxation.

Remember that feeling of tranquility as you breathe deeply.

Breathe in through your nose and out through your mouth.

Empty your mind and relax your body.

Recall what it felt like to float on your magical cloud.

Picture yourself back on the Magical Mule flying through the air, sparkles trailing behind you.

You can return to the Land of Moshi any time you want to feel a sense of tranquility.