

# Lesson Overview

## Goldie's Five-Minute Brain Break

### **CASEL Standards:**

**SELF-MANAGEMENT:** The abilities to manage one's emotions, thoughts, and behaviors effectively in different situations and to achieve goals and aspirations. This includes the capacities to delay gratification, manage stress, and feel motivation & agency to accomplish personal/collective goals.

### **Academic Standards:**

Common Core English/Language Arts Standards:

CCSS.ELA-LITERACY.W.K.8

CCSS.ELA-LITERACY.W.1.8

With guidance and support from adults, recall information from experiences or gather information from provided sources to answer a question.

CCSS.ELA-LITERACY.W.2.8

Recall information from experiences or gather information from provided sources to answer a question.

### **Objective:**

Use self-awareness tools such as meditation, visualization, and deep breathing to focus attention, regulate emotions, and ease away stress.

### **Essential Questions:**

How can I focus my attention through meditation?

### **I Can:**

I can use mindfulness techniques to focus my attention.



# Mindful Teaching Tips

## Soothing Moshi Sounds

Listen to Moshi's selection of meditation sounds during the day with tracks like Sounds of the Swooniverse and Breezy Bamboo. You can listen to these lovely sounds during your own down time at home, or during a stressful day. Turn your planning period into a calming meditation session with Moshi Sounds and some aromatherapy. It's a great way to give your brain a break and focus your energy so you can be ready for more classroom activity when the students return!

## Teaching Transcript

Today we will join Goldie for a Brain Break to help us focus our attention and let go of our worries. Meditation helps our mind to focus by letting go of all other thoughts.

### Before You Listen

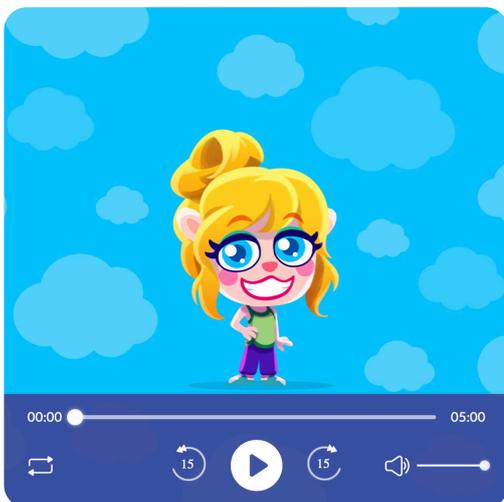
Find a comfortable spot where you can sit up tall.

Goldie showed us that meditation begins and ends with a chime. We listened to the chime until it disappeared. How could hearing a chime help you to focus or let go of your worries?

Goldie also taught us to turn our thoughts to clouds and let them drift away. What was one worry that turned into a cloud and floated away?

### After You Listen

Giving our brain a short break from thinking helps us focus better. How do you feel after resting your brain for 5 minutes?



# Home Time Activity

Learning how to meditate takes practice. It can be hard to clear your mind, but doing it everyday will help you stay focused. We practiced a short meditation with Goldie using a chime. We learned we can use meditation when we need to refocus our attention. Practice ringing a bell or using a chime to begin and end the meditation. Remind your child to clear their mind by visualizing their worry turning into a cloud and floating away.

## Weekly Theme Card

Use a different sound for each meditation. Try a bell, a chime on a phone, a buzzer, a gong, a piano note, or any other sound.

How did the sound help you with your meditation?

Which sound did you like the most?

Which sound did you like the least?

Use a chime or other sound to begin and end your mindful meditation.

Turn your worries into fluffy clouds like Goldie does.

Imagine your clouds drifting away.

Take a fun five-minute brain break like Goldie to give your mind a rest and focus your thoughts.

