

# Lesson Overview

## Major Moony's Cosmic Stressbuster

Older Learners 3rd to 5th Grade

### CASEL Standards:

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

**RESPONSIBLE DECISION-MAKING:** The abilities to make caring and constructive choices about personal behavior and social interactions across diverse situations.

### Academic Standards:

CCSS.ELA-LITERACY.SL.3.2

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.

CCSS.ELA-LITERACY.SL.4.2

Paraphrase portions of a text read aloud or information presented in diverse media and formats, including visually, quantitatively, and orally.

CCSS.ELA-LITERACY.SL.5.2

Summarize a written text read aloud or information presented in diverse media and formats, including visually, quantitatively, and orally.

### Objective:

Use mindfulness techniques to manage stress.

### Essential Questions:

What is stress?

How can I use mindfulness to manage stress?

### I Can:

I can use meditation and mindfulness to manage stress.



# Mindful Teaching Tips

Create an area in the classroom where students can thank their classmates, teachers and staff members. This can be something as simple as an area on the whiteboard, or as elaborate as a bulletin board. Model for students how to leave feedback, and include sentence starters such as, “I was grateful when \_\_\_\_\_” or “Thank you \_\_\_\_\_ for \_\_\_\_\_”

If your classroom is virtual, you can have students send you their statements of gratitude for you to post on a class website or other electronic communication. Showing acknowledgement of gratitude and mindfulness can encourage the behavior in your classroom community!

## Teaching Transcript

Today we will learn how to deal with stress. Stress is your mind and body’s reaction to difficult situations.

During this Moshi Meditation we will work on breathing slowly and evenly. Let’s practice this skill now. Take a deep, quiet breath. Inhale as you count to 5, then exhale as you count to five. Continue to take five slow breaths.

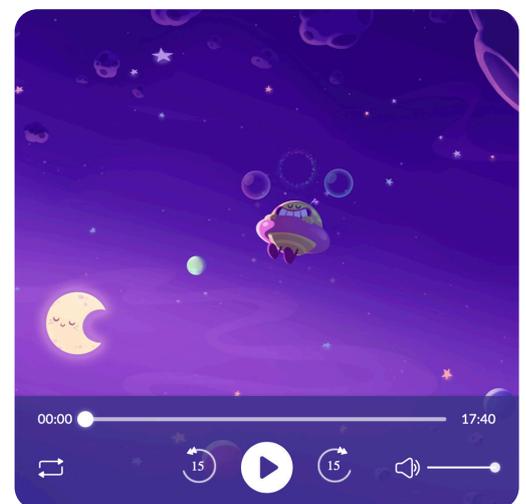
When thoughts pop into your mind as you are relaxing, practice letting them float away today. Major Moony will give you a fun and Moshified way to deal with stress and worry.

### Before You Listen

Relax your body and quiet your mind. Let’s begin our deep breathing now and get ready to learn a new mindful skill.

### After You Listen

- How does Major Moony deal with his stress?
- What thoughts did you put into a bubble?
- How did it feel to let them float away?
- What happy thoughts filled your mind?
- When could you use Major Moony’s Cosmic Stressbuster to help you deal with your thoughts?



# Home Time Activity

## Make A Plan

Now that you have practiced dealing with stress and worry, make a plan for what you can do the next time you feel tense.

Write about what makes you feel stress. First, make a list of situations where you might feel stressed or worried.

I feel stressed when...

- 1.
- 2.
- 3.
- 4.

## My Stressbuster Plan

I can breathe deeply

I can \_\_\_\_\_ when I feel stressed.

I can \_\_\_\_\_ when I feel worried.

I can imagine \_\_\_\_\_ to calm myself down.

Now, write a paragraph about what you would tell a friend who is worried about moving to a new house and is having a hard time focusing on anything else. Write about how your friend could deal with stressful feelings. Think about your mindful skills, and remember what the Moshlings would do!

# Weekly Theme Card

Calm your mind and breathe deeply.

Picture a thought or a worry.

Put your thought into a bubble.

Let your thought bubble float out of your head.

Imagine it floating...floating...into the distance.

Let your bubble pop...and your thought is gone!

Let your thought bubbles float into the distance.

Now that your thought bubbles of stress are gone, fill your mind with happy thoughts.

You can let your thought bubbles float into the breeze anytime you need!

Don't forget to wiggle those fingers like a speedy piano player!

Do your own Wibble. Just tense your muscles...then relax.

