

# Lesson Overview

## Plinky's Peaceful Breathing

### CASEL Standards:

#### SELF-MANAGEMENT:

The abilities to manage one's emotions, thoughts, and behaviors effectively in different situations and to achieve goals and aspirations with a specific focus on identifying and using stress-management strategies.

### 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:

Teach students how to manage emotions by using the stress-management strategy of deep breathing.

### Essential Question:

What can I do to calm myself down?

## Mindful Teaching Tips

Teaching is challenging in many ways and can leave you feeling drained of your personal energy. Try this simple and quick breathing activity to ground yourself before you engage your class in mindfulness lessons. Once you have practiced the technique, you can teach it to your class! It's a quick, fun way to center kids before a quiz, a test, or a public speaking activity.

### Two Feet - One Breath Mindfulness Activity

Take a moment for yourself before class, a meeting, or an activity begins.

- Stand straight with your feet as far apart as your shoulders. Use good posture but don't lock your knees. Stand naturally.
- Feel your feet on the ground.
- Take one deep, slow breath and as you exhale, picture yourself being successful at the task ahead.



# Teaching Transcript

## Imagine a balloon. What does it take to blow up a balloon?

Blowing up a balloon takes using your breath. Today we are going to learn about how breathing can help us calm down if we are feeling worried or upset. Breathing can help keep us calm when we are already relaxed. You are going to meet a Moshling named Plinky The Squeezy TinkleHuff. Plinky is going to blow up a big balloon. Like Plinky, you are going to focus on blowing up your big, shiny balloon. You will think about its color, and watch it grow as you learn to relax.

You will learn to listen to the sounds around you. Plinky hears the sound around him and even hears his heartbeat? Have you ever been so quiet you heard your own heartbeat? Today we will be that quiet.

## Now we will listen to a story called Plinky's Peaceful Breathing.

Stretch your body slowly and feel the calm within you. You just learned how to use deep breathing to relax. Write down on your weekly Theme Card about how you feel now. Draw a picture on your Theme Card about how you feel now that you have breathed with Plinky.

### Think about when you can use deep breathing.

When could you use it in school?

When could you use it at home?

Plinky pictures a big, shiny balloon that he is blowing up. What other picture in your mind could you think of when you are deep breathing?

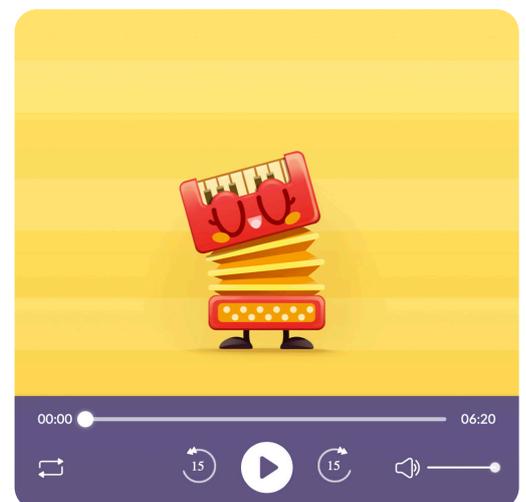
When Plinky is calm after breathing deeply, he is able to think about all the wonderful people and things in his life. What are some of the wonderful people and things in your life you are happy about?

### Think about when you can use deep breathing.

When could you use it in school?

When could you use it at home?

You will get a chance to practice Plinky's Peaceful Breathing at home with your Home Time Activity.



# Mindfulness in the Classroom

## Plinky's Peaceful Breathing

Dear Families,

Our class is using Moshi's Mindfulness in the Classroom Series to learn about breathing techniques to calm ourselves. Try this activity at home and your child can help you learn an easy and fun relaxation tool to help manage stress and achieve calm.

Have your child lead you in the deep breathing activity with Plinky. They will be able to lead you - we practiced during class!

Try Deep Breathing at home. When you or someone in your home needs to calm down, try Plinky's Peaceful Balloon Breathing and see if mindful breathing can bring some calm to a tense situation.



# Weekly Theme Card

1. Imagine yourself blowing up a big, shiny balloon like Plinky.

2. Take slow, deep breaths and imagine your balloon growing.

3. When you are calm, think about all the good things in your life.

4. Slowly become aware of the sounds around you, even your own heart!

5. Take a big stretch and enjoy your feelings of calm happiness.



How do you feel after breathing along with Plinky's Peaceful Breathing?

When could you use peaceful breathing at school and at home?

Plinky pictures a big, shiny balloon that he is blowing up. What other pictures in your mind could you think of when you are deep breathing?

When Plinky is calm after breathing deeply, he thinks about all the wonderful people and things in his life. What are some of the wonderful people and things in your life you are happy about?