

# Lesson Overview

## Relax Like a Cuddly Wibble

Older Learners 3rd to 5th Grade

### CASEL Standards:

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

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

### 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 plan their writing by discussing and recording ideas.

### Objective:

I can use progressive muscle relaxation to manage stress.

### 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:

What is progressive muscle relaxation?

What strategies can I use to relax my mind and body?

How can I calm myself down when I feel upset or stressed?

### I Can:

I can choose a relaxation tool to calm myself down.

I can use mindfulness to manage my emotions.



# Mindful Teaching Tips

## Progressive Muscle Relaxation

You can use progressive muscle relaxation to help students regain their focus after a classroom transition, or to prepare for an assessment. Use the fun Moshi techniques that the Cuddly Wibbles use, or make up a fun signature move for your class. This technique is helpful when feelings of stress or anger arise at home, or when emotions become too much to handle. Don't forget to use this technique to help yourself manage the challenges of the classroom!

## Teaching Transcript

Today you will learn how some Moshling's called Cuddly Wibble's like to relax. We will practise stretching like a cat today, and use our muscles to help us relax. When you stretch, you are in your own space and you let others be in their own space. Practise taking a stretch like a cat, or another animal, and make sure you have enough room to move without touching anyone else.

We will learn a tool called progressive muscle relaxation, a way to tense our muscles up, then relax them. This helps our bodies to relax when we feel stress. When our bodies are relaxed, it becomes easier to relax our minds.

### Before You Listen

Relax your body in your own space.

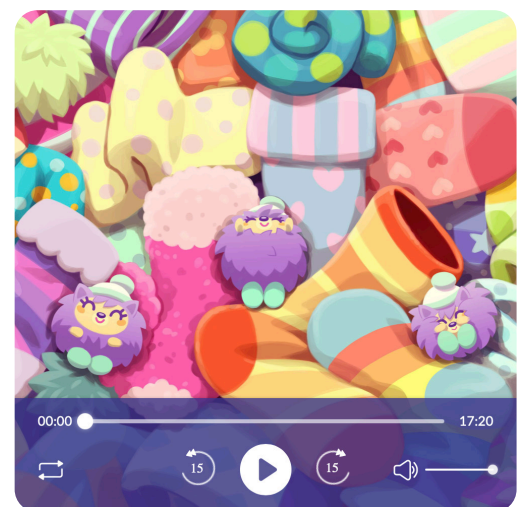
Remember your slow, deep breathing. Breathe in through your nose, then out through your mouth. Take several deep breaths to calm yourself.

### After You Listen

How do Cuddly Wibbles like to relax?

Can you remember how to do the Wibble? The Wibble Bibble? The Wibble Bibble Bobble??

- What did it feel like to tense your muscles, then relax them?
- When is it useful to have tense muscles?
- When is it useful to have relaxed muscles?
- When could you do the Wibble to help you manage your stress?



# Home Time Activity

Remember how the Cuddly Wibbles like to tense and relax their muscles to help them relax. Practise doing the Wibble now. You can come up with your own muscle tensing and relaxing movement like the Wibbles do and use it when you need to relax.

What kind of move will you create to help you relax when you are tense? Write about it below, and illustrate your move with a picture of you doing your own version of the Wibble!  
Show someone in your family or your class how to do your new stress relieving move.

## Weekly Theme Card

Breathe in through your nose and out through your mouth.

Become aware of your body and stretch it out!

Tense your muscles...then relax them.  
Tense...relax...repeat.

Do the Wibble!  
Tense the muscles in shoulders and arms...then relax.

Do the Wibble Bibble!  
Tense your face muscles, and wiggle your nose...then relax.

Do the Wibble Bibble Bobble - tense your hands...then relax.

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

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

