

# Lesson Overview

## Roswell's Cosmically Calming Vacuum Cleaner

### 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.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 self-management to identify and apply stress management strategies.

### Essential Questions:

How can I identify and use different strategies for stress-management?

### I Can:

I can identify and use stress-management strategies.



# Mindful Teaching Tips

White noise helps people relax because it creates a consistent sound environment. The brain is able to relax and tune out distractions. There is even an 8-hour video online of vacuum noises!

Teachers, consider playing white noise for a few minutes during the day to give students a brain break. Ask students to think about a few of their favorite things during this time just like Roswell or to count their breath.

## Teaching Transcript

### Before You Listen

A friendly alien from beyond Moshi has arrived in a flying saucer spaceship. Roswell the Zippity Zoshling drops in on new planets and today he has come to Earth. Roswell brings with him soothing sounds to help melt stress away.

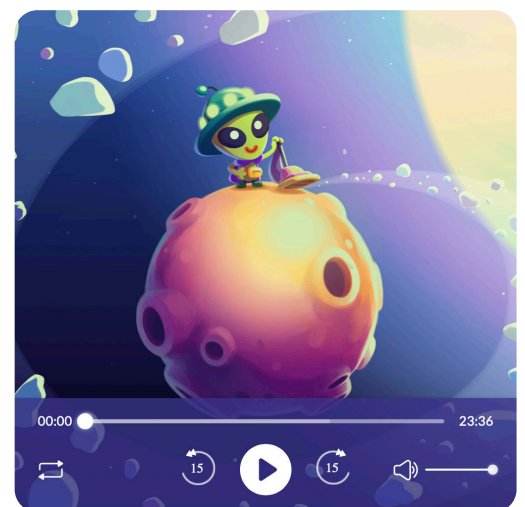
- What are some soothing sounds to you?
- How do you feel when you listen to soothing sounds?

### After You Listen

When Roswell's vacuum goes into mind blowing reverse mode, it whooshes out happy vibes into the atmosphere. His vacuum zaps away worries and helps the people of Earth calm down.

Write a worry or two you have on a piece of paper. Then draw wavy lines in your favorite color over the worry just like Roswell's vacuum would do. The wavy lines will zap away the worries!

Teachers, you can have a vacuum printed on a page for students to draw lines coming out of to enhance the lesson.



# Home Time Activity

Have you ever vacuumed like Roswell? The movement and sound of vacuuming can be very rewarding and relaxing. Try helping to vacuum in your house. Learn where the vacuum is located, how to plug it in, and how to empty the bag or container. Vacuum the carpet or a rug and notice the sound it makes as well as the lines it creates on the carpet.

## Weekly Theme Card

In Roswell's mind, pushing and pulling the vacuum back and forth helps his mind drift off to a different place. As the sound calms him down, he thinks of a few of his favorite things and focuses on them.

Take two to three minutes to think about one of your favorite things.

Why is it your favorite?

Who is with you?

How does it make you feel when you are doing it?

