

Lesson Overview

Yawnsy's Blissful Body Scan

CASEL Standards:

SELF-AWARENESS: The abilities to understand one's own emotions, thoughts, and values and how they influence behavior across contexts. This includes capacities to recognize one's strengths and limitations with a well-grounded sense of confidence and purpose.

Academic 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:

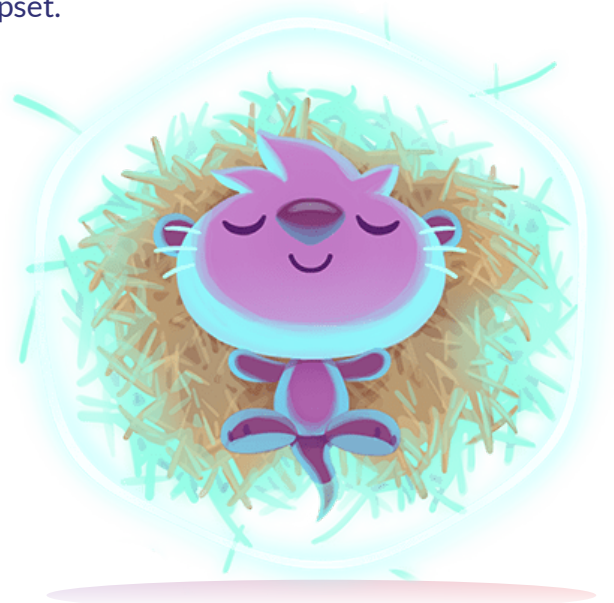
Use self-awareness to connect thoughts with emotions and actions.

Essential Questions:

How can I recognize my thoughts and calm down before I get too upset?

I Can:

I can recognize my thoughts and calm down before I get too upset.



Mindful Teaching Tips

Next time you are rushing to a meeting after a long day of teaching, try this body scan technique to help you relax and let go of the stress from the day. If you don't have a lot of extra time, try wiggling and scrunching your feet and hands during the meeting, but maybe wait to scrunch your nose until it is over!

Teaching Transcript

Before You Listen

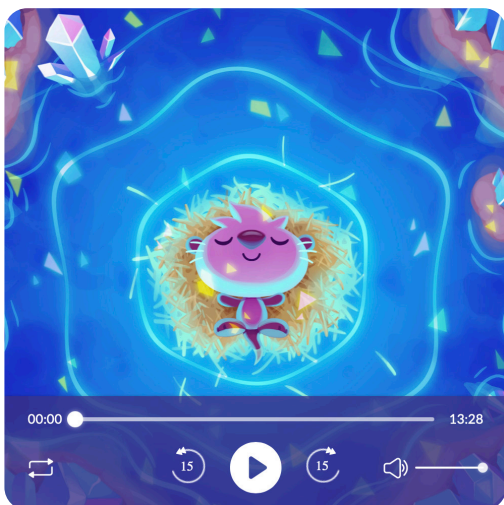
Today we will meet Yawnsy, a Sleepwalking Otter from Snufflepeak Creek who does a body scan to relax.

The purpose of a body scan is to tune in to your body. That means learning to reconnect to your physical self. Body scans help us notice any sensations we are feeling without deciding if they are good or bad.

Yawnsy snuggled into his bed of reeds and did a body scan. He takes a moment to feel and listen to his body. Settle in, take some deep breaths and focus on today's meditation with Yawnsy.

After You Listen

- How does your body feel after wiggling, scrunching, and relaxing?
- Were there any areas of your body that had a hard time relaxing?
- How can you use this technique at school?
- When could you use this technique at home?



Home Time Activity

Teach your family members how to do a body scan. Lie down somewhere comfortable. Show your family member how to wiggle their toes, scrunch their toes, and then relax their toes. Practice wiggling, scrunching, and relaxing together. Add other parts such as the legs, arms, or neck as you practice.

Ask your family member how they felt after the body scan: Did they relax and feel calm and peaceful like Yawnsy?

Weekly Theme Card

Yawnsy lives in a cave behind a waterfall that is filled with shimmering gems and rocks. Find a gem or rock that you like and bring it back to your 'cave' (bedroom). Place it near your bed and let it remind you to do a body scan just like Yawnsy.

