

SOCIAL EMOTIONAL LEARNING

SOCIAL SKILLS LESSON PLAN

SOCIAL SKILL: BEING MINDFUL
CASEL COMPETENCY: SELF-AWARENESS

BOOK INFORMATION

Book Title: *Nana in the City*

Author: Lauren Castillo

Publisher: Clarion Books

Year: 2014

ISBN Number: 9780544104433

Number of Pages: 37

Reading Level: Pre-K – 3rd grade

BOOK SYNOPSIS

A little boy goes to visit the city to see his grandmother. He really loves her but has a hard time being in the city. He finds it really loud and busy. It really scares him. His grandmother makes him a red cape to wear when they go out into the city the next day. When he wears the red cape he finds joy in the noise and busyness of the city. He sees how extraordinary everything is now that he feels brave wearing his cape.

LESSON OBJECTIVE

To teach students the importance of becoming aware of their emotions and learning to live more contentedly in the present moment.

LESSON MATERIALS AND ADVANCE PREPARATION

The Mindful Cape Activity

Materials: Mindful Cape worksheet and crayons

Preparation: Print off Mindful Cape worksheet (on page 5 of this lesson plan) for each student.

Mindful Bell Activity

Materials: A bell

Preparation: None needed.

KEY VOCABULARY AND CONCEPTS

Brave – endure or face (unpleasant conditions or behavior) without showing fear

Cape – a sleeveless cloak, typically a short one

Extraordinary – remarkable or incredible

PRE-READING ACTIVITY

Ask students the following questions:

- Have you ever been to another city?
- What were some of the things you saw there?
- How did you feel when you were there?

Explain that through this story, we are going to be visiting a city today with a young boy and his grandmother. Invite students to imagine that they are experiencing the city for the first time with the little boy.

READ THE BOOK

POST READING DISCUSSION

Ask the following questions:

- Why was the little boy scared?
- What kinds of thoughts did he have when he was in the city?
- How did those thoughts affect his emotions?
- What were his thoughts when he had the cape on?
- Even though his thoughts were the same, what were his feelings?
- Why did the cape help him?
- When was the last time you felt scared? What did you do?
- What is optimism? How can we have more optimism in our own lives?

Remind the students that being mindful isn't just being aware of our thoughts and feelings but also being able to manage them. The little boy felt scared when he was in the city because it was so busy and noisy. However, when he put the cape on he felt brave and he liked how noisy and busy the city can be.

POST READING ACTIVITY

The Mindful Cape Activity (grades K-6)

Write the word "Perspective" on the board. Ask students if they know what perspective means (the way we look at things). On the left side of the board, have the class brainstorm ideas from the book in which the little boy had negative thoughts and feelings. Then on the right side of the board, have the class brainstorm ideas in which the little boy had positive thoughts and feelings. Explain that he had the exact same experience but he saw it in two different ways. The reason for this is he was wearing a cape.

Explain that today we are going to be drawing our own capes. Hand each student a Mindful Cape worksheet. Encourage students to decorate their cape with things that make them feel brave and happy. After each student is finished, have a few of them share their capes with the class. Hang the capes in the classroom and whenever a student has a negative thought, point to the capes and encourage them to put on their imaginary cape and change their thoughts and feelings into being more positive.

Mindful Bell (grades K-3)

Explain that we often get overwhelmed in school or at home. Sometimes these stressful thoughts make us feel frustrated and sad. In order to overcome these feelings, we need to find ways to be calm. This can be done through mindfulness. In the book, the little boy became mindful when he put a cape on. Explain that today we are going to learn how to do this without a cape.

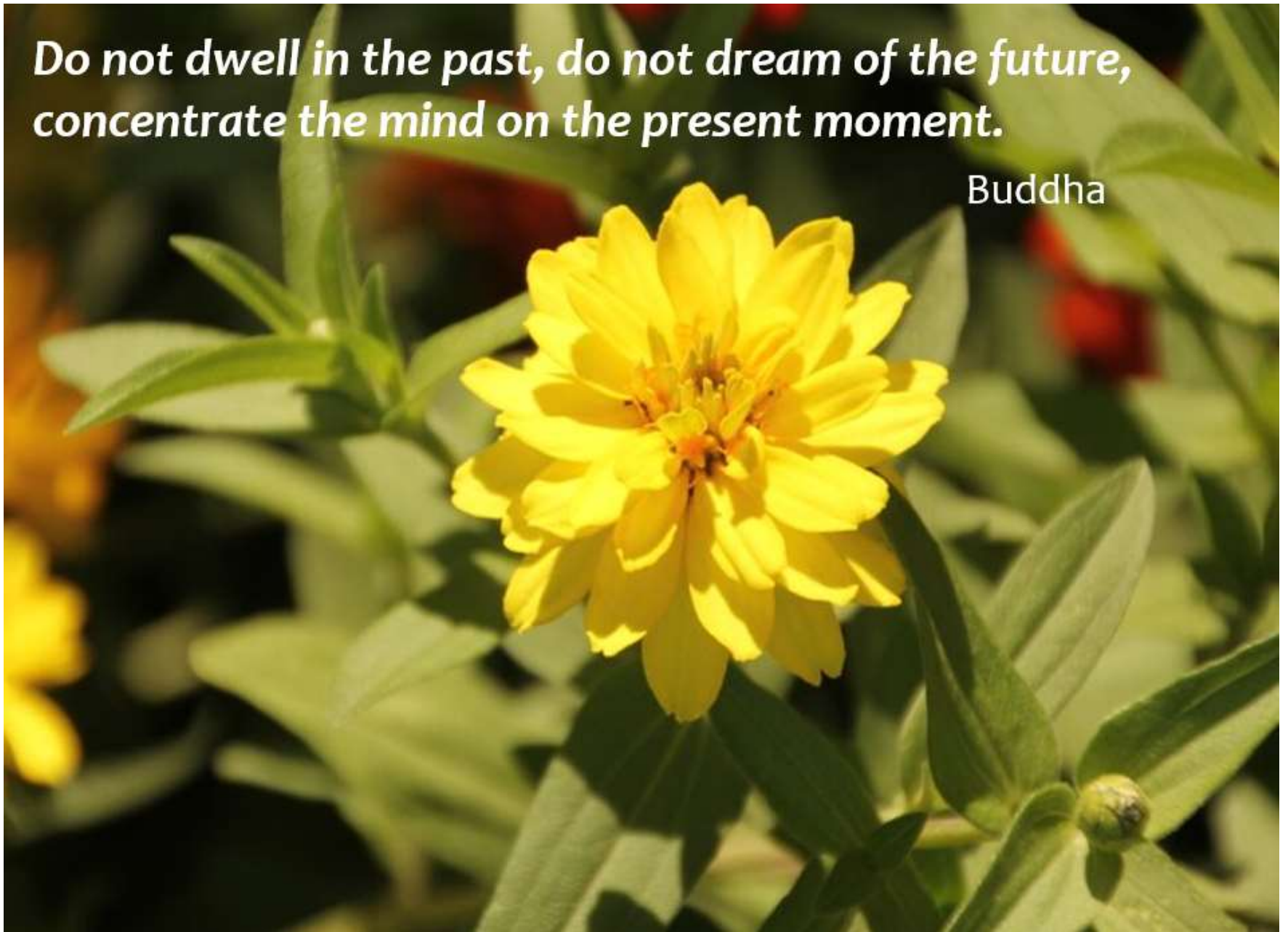
Bring out the bell and have each student put their head on their desk. Then, tell students to be as quiet as possible and to focus on the sounds around them and their breathing. Then ring the bell and gently tell students to raise their hands when they no longer hear the ringing of the bell. When most of the students have their hands in the air, tell them to slowly move their hands to their stomachs to focus on their breathing. Repeat this two or three more times. After, ask students what that experience was like for them. Ask them what thoughts they had and how they feel. Explain that focusing on the present moment and taking a few minutes to be quiet and calm can help us relieve the sadness we feel in life. Set a goal with each student to practice the mindful breathing at least one time in the next week. Follow up with students the next week and ask a few of them to share their experiences.

CLOSURE

Hang the poster on the wall and remind students to be mindful.

*Do not dwell in the past, do not dream of the future,
concentrate the mind on the present moment.*

Buddha



Mindful Cape

