

## Lesson Plan 5: Learning Through Teaching with Pigeon and Bloo Gecko

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Age Range: 5–8 years

Duration: 60 minutes (can be  
over two sessions)

**Subject Areas:** Literacy (Reading,  
• Spelling, Grammar, Vocabulary)  
• Social-Emotional Learning (SEL)  
• Mindful Movement & Body Awareness.

### Learning Objectives

By the end of this lesson, learners will be able to:

- Identify key vocabulary related to feelings, kindness, and calm movement.
- Use complete sentences when speaking and writing.
- Practice spelling and grammar using story-based words.
- Participate in mindful movement through Pigeon Pose.
- Demonstrate understanding by teaching others.

### Key Vocabulary (Word Wall)

Pigeon • Teach • Kind • Calm • Share • Listen • Help

### Mindful Movement: Pigeon Pose

**Teacher Guidance:**

- Demonstrate the story-based **Pigeon Pose** slowly.
- Emphasize deep movement and comfort (no forcing).
- Invite learners to notice how their bodies feel.

Sit tall and breathe.

### Think-Pair-Share (Oral Literacy)

- **Pair:** Turn to a partner, explain using one full sentence, and **share**.
- **Share:** Volunteers share.



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## PAGE 2 – Reading, Writing, Assessment & Reflection

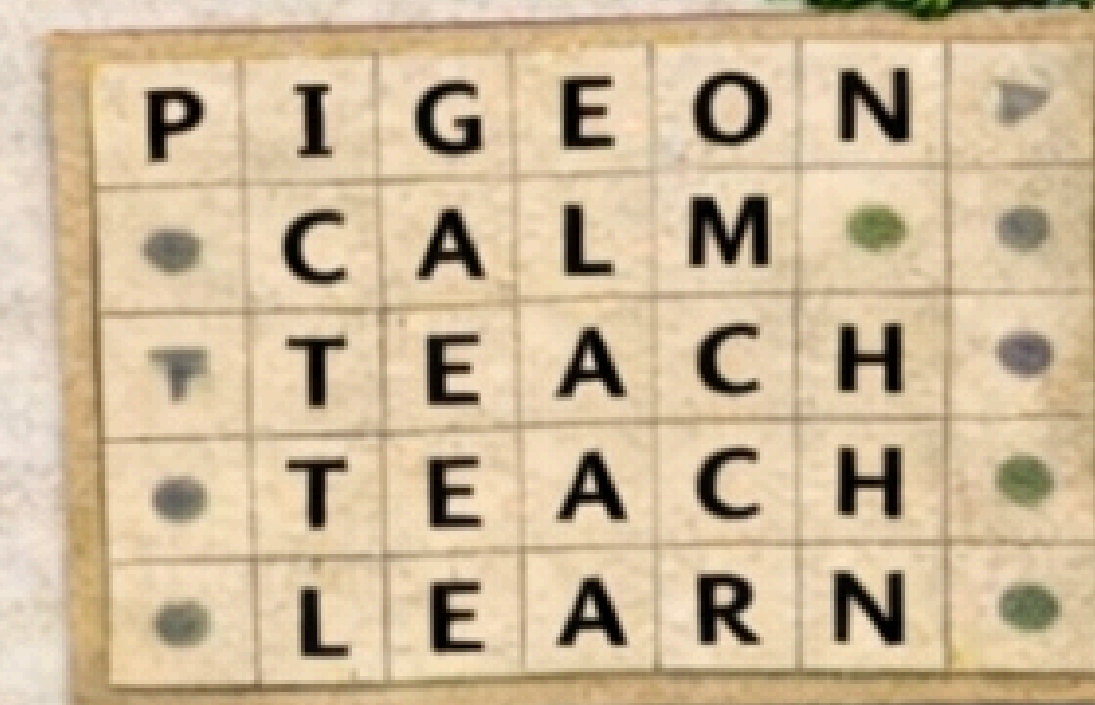
### Literacy Activities



#### 1. Word Search

Include words such as:

- Pigeon
- Calm
- Share
- Kind
- Learn
- Help



#### Spelling Practice

Write 3–5 vocabulary words:

- Trace \_\_\_\_\_
- Copy • Write independently

Pigeon	Calm	Teach
Share	Kind	Listen
Listen	Help	Learn

#### Grammar Building

Complete sentences:

- Pigeon teaches the animals to \_\_\_\_\_.
- Bloo Gecko learns by \_\_\_\_\_.

Focus on: capital letters, spacing, and full stops.

#### Self-Reflection (Student Voice)

- I felt calm during Pigeon Pose.
- I used kind words.
- I learned something new.

#### Closing Circle

- One slow breath together
- Gentle stretch.
- Reminder: Teaching with kindness helps everyone learn.



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