

# Lesson Plan 7: Counting Calmly with Bloo Gecko

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## PAGE 1 – Core Lesson (Whole Group)

**Age Range:** 4–10 years (Differentiated)  
45–60 minutes

**Subject Areas:** Mathematics  
► Literacy & Comprehension  
► Mindful Movement & Breathing

### Learning Objectives

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

- Recognize and sequence numbers correctly.
- Use counting as a calming strategy.
- Listen to a short story and answer comprehension questions.
- Practice breathing to support focus and emotional regulation.
- Work independently and with peers respectfully.

### Key Vocabulary (Word Wall)

**Count • Calm • Breathe • Slow • Focus • Share**

### Story & Discussion

Explain to learners:

- Bloo Gecko notices that when he rushes, mistakes happen.
- When he slows down, breathes, and counts carefully, things feel calmer.



### Think-Pair-Share

- **Think:** How does counting help you feel calm and focused?
- **Share:** Volunteers share.

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## PAGE 2 – Differentiated Activities, Assessment & Reflection



### Independent Work (Differentiated)

#### Ages 4–6

- Number tracing (1–10)
- Literacy (Listening Comprehension)
- Slow focus (5–10 times)

#### Math Focus: Number Sequencing

(Whole Group)

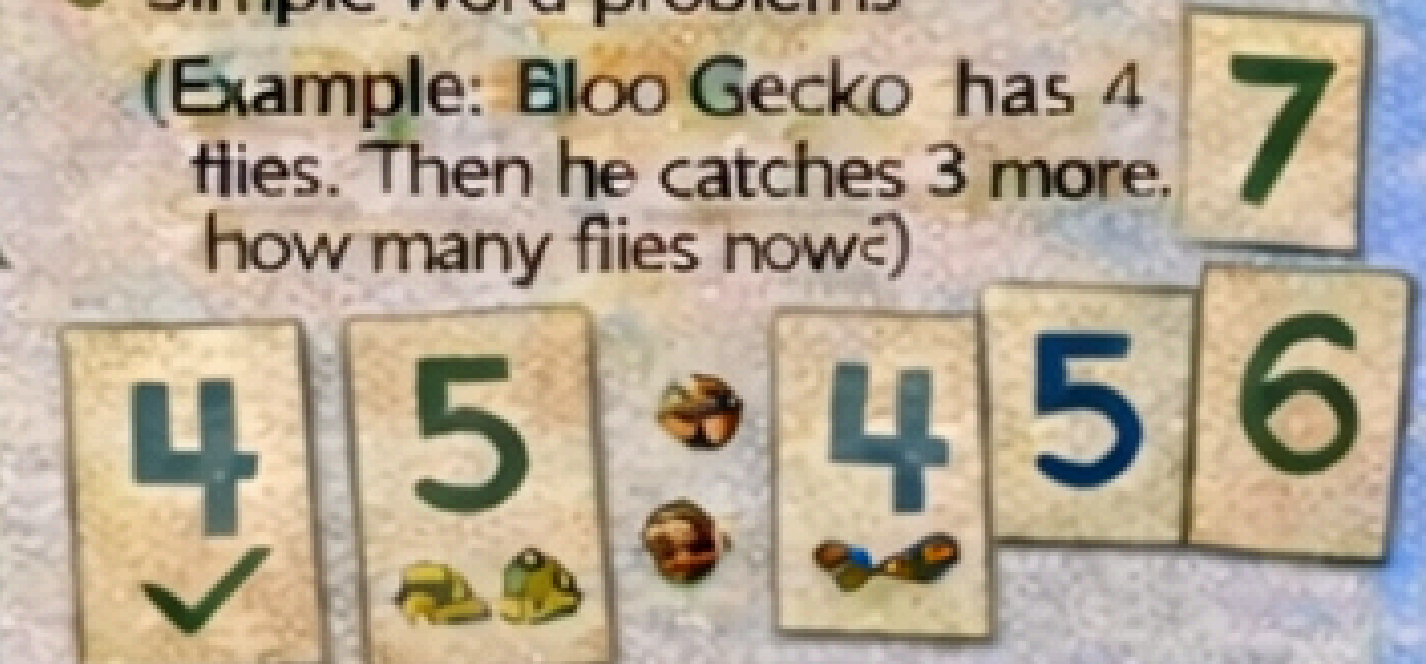
Using a visual chart or cards:

- Count together from 1–10 (ages 4–6)
- Count 10–20 or 1–30 (ages 7–10)

#### Ages 7–10

- Number sequencing puzzles (missing numbers)
- Simple word problems

(Example: Bloo Gecko has 4 flies. Then he catches 3 more. how many flies now?)



### Think-Pair-Share

- Learners circle, draw or say:
  - 😊 I can count calmly.
  - 😊 Breathing helps me focus
  - 🗣️ I listened to my partner

### Social Skills Practice

Small group activity:

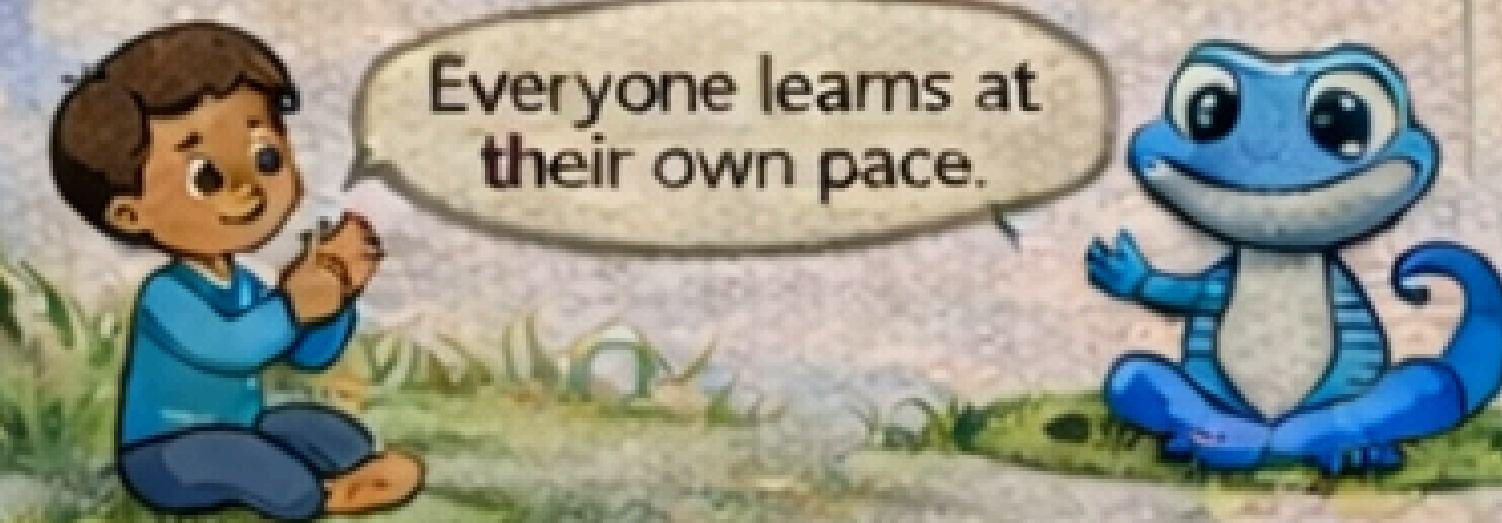
- Take turns counting aloud.
- Practice listening without interrupting
- Encourage patience and kindness.

#### Assessment (Teacher Observation)

- Learners can:
  - ✓ Secure numbers correctly.
  - ✓ Participate in breathing activities
  - ✓ Listen and respond to others
  - ✓ Work independently.

### Closing Circle

- One slow counted breath together
- Gentle stretch.
- Closing message:  
"Slow counting helps our minds and hearts."



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# Lesson Plan 8

## Learning Through Friendship, Feelings and Discovery

Based on The Gecko Who Learned Yoga

Age Group: 4–7 years

Subjects Integrated:

- Literacy & Reading
- Science
- Social Emotional Learning (SEL)
- Writing & Vocabulary

### Learning Objectives

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

- Listen attentively to a story read aloud
- Use new vocabulary in speaking and writing
- Write simple, meaningful sentences.
- Identify basic animal characteristics
- Demonstrate empathy, teamwork, and self-reflection
- Use inference and critical thinking skills

**Word Wall** "How are these animals similar to us?"

read calm kind jump

flap explore discover laugh

write write stretch

### Science Integration

- Dogs do "downward dog"
- Cats stretch their bodies
- Crows use their wings

- A pigeon puts a wing on its heart



Critical Thinking: "How are these animals similar to us?"

### Social Emotional Learning(SEL)

**Class Discussion:**

- What makes someone a good friend?
- How can we help someone who feels unsure?

**Self-Reflection:**

- I feel calm when..."
- I feel brave when..."

**Differentiated Learning Tasks:**

- **Group Work:**
- Act out animal movements
- Independent Work: Draw Bloo Gecko & write a sentence

### Sentence Writing Activity

- "Bloo Gecko feels \_\_\_\_\_."
- "I feel like Bloo Gecko."

**Differentiated Learning Tasks**

- **Group Work:**
- Act out animal movements
- Independent Work:
- Draw Bloo Gecko & write a sentence
- Extension: Explain why the animals helped Bloo
- **Assessment:**
- Sentence writing samples
- Participation in discussion
- Vocabulary use



## Lesson Plan 9

### Reading, Writing, and Understanding Stories

Based on The Gecko Who Learned Yoga

Age Group: 4–10 years

Subjects Integrated:

- Literacy (Reading, Writing Spelling)
- Comprehension
- Social Emotional Learning (Self-Reflection)

#### Learning Objectives

In this short story, **Bloo Gecko** and his friends explore Mount Batur and learn about bravery, curiosity, and sharing new experiences together.

- **Bloo Gecko** and his friends — Frog, Cat, Dog, Crow, and Turtle — were excited to visit **Mount Batur**.
- On the way, they discovered a small **warung** that served local Bali food. They enjoyed noodles and fresh coconuts to drink.
- As they continued their journey, they saw beautiful rice fields and friendly farmers working together in the fields.
- When they arrived at **Mount Batur**, **Bloo Gecko** opened a small yoga school where animals could learn to move, breathe, and feel calm together.

#### Comprehension Questions!

- Where did **Bloo Gecko** and his friends visit?
- What food and drinks did they enjoy at the warung?
- What did **Bloo Gecko** open at Mount Batur?

#### Reading Comprehension Activities

- Where did **Bloo Gecko** and his friends visit?
- Why was **Bloo Gecko** brave when he tried new foods?
- What did yoga help **Bloo Gecko** and his friends feel calm?

#### Differentiated Literacy Activities

##### • Pair Work:

- Learners take turns reading short sentences aloud
- Partners help each other sound out unfamiliar words

##### • Independent Work:

- Write one sentence about **Bloo Gecko**.
- Trace or write key vocabulary words

#### Spelling and Writing Activity

- Copying key words correctly
- Writing a simple sentence such as:
  - **Bloo Gecko** is brave."
- **Bloo Gecko** visited **Mount Batur**.

#### Self-Reflection

- Learners complete one of the following:
  - I enjoyed learning about Bali because \_\_\_\_.
  - I feel proud when I can \_\_\_\_.
- Responses may be spoken, drawn, or written.

#### Formal Assessment (Teacher Led)

- What new things did we learn from **Bloo Gecko** today?
- How did **Bloo Gecko** and his friends show bravery and curiosity?

