

# MASTER LESSON PLAN

Lesson Title:

## BEGINNING OF THE LESSON



Warming-Up Activity:

## STARTER



Starter:



Vocabulary Ideas:

## CLASS MANAGEMENT TIPS



Class Management Tips:



Assessment Idea:

## CLOSING / SELF REFLECTION



Closing / Self Reflection:



# Lesson Plan 1: Meeting Bloo Gecko & Choosing Calm



- ♥ **Age Range:** 4~10 years
- ◆ **Focus Areas:** Literacy & comprehension • Emotional awareness (SEL) • Mindful movement & breathing

- 🕒 **Duration:** 45 minutes
- 📖 **Lesson pan:** **The Gecko** Who Learned Yoga"
- ♥ **Literacy Buddy:** Bloo Gecko

## ✓ Learning Objectives

Stutents will:

- ▶ Listen to and respond to a story
- ▶ Identify feelings and calming strategies
- ▶ Practice mindful breathing and movement
- 🌱 Reflect on their own emotions in age-appropriate ways

## 🕒 Lesson Breakdown (45 Minutes)

### 🕒 Warming-Up Activity (5 minutes)

**Purpose:** Emotional settling + focus

#### 🌱 Teacher Instructions

- Gather students in a circle
- Introduce Bloo Gecko as the class's "Reading & Calm Buddy"
- **Ages 4–6:** Verbal responses
- **Ages 7–10:** count a shore vocal



### 🕒 Starter (5 minutes)

**Purpose:** Engagement & connection

- 🌱 Show Bloo Gecko image
- **Ask:** "What kind of animal is Bloo Geko?"
- How do you think he might feel sometimes?"

**Ages 4–6:** Verbal responses

**Ages 7–10:** Think-pair-share 🌱🗣️👉

### 🕒 Reading Circle Time (10 minutes)

**Purpose:** Literacy + comprehension

- 🌱 Read the opening pages of "The Gecko Who Learned Yoga"
- Pause to emphasize: 🌱
- Bloo Gecko's feeling Inhale 4, exhale 4)

**Ages 4–6:** Verbal responses

**Ages 7–10:** Think-pair-share, short oral explanation

### 🕒 Movement & Mindful Activity (10 minutes)

**Purpose:** Regulation through movement

- **Activity:** 🕒 **Gecko Pose** (as shown in the story? 🌱)

• **Teacher Language:**

• Short-pose holds (5-10 sec.)

• **Ages 7–10:** Longer holds + breath awareness



### 💡 Adaptations & Inclusion

- Students may sit, stand, or lie down for breathing
- Drawing may replace writing
- Verbal responses accepted at all levels
- Movement always optional

### ★ Teacher Note:

This lesson pairs with the Bloo Gecko Literacy Toolkit.

Teachers may change timing, prompts, or activities as their class needs.



# Lesson Plan 2: Choosing Calm with Bloo Gecko

Age Range: 4~7 years

Duration: 40~60 minutes

Subject Areas:

- Literacy
- Social-Emotional Learning (SEL)
- Mindfulness & Movement

Character Focus: Bloo Gecko

Theme: Choosing calm when emotions feel big

Key Vocabulary



## Learning Objectives

- ✓ Identify feelings like calm, worried, excited, frustrated.
- ✓ Listen to a story about Bloo Gecko.
- ✓ Use breathing & movement to calm down.
- ✓ Practice spelling & sentences.

## Movement Activity

- ✓ Pause Pose
- ✓ Slow Breaths
- ✓ Gentle Stretch



## Literacy Fun!

- ✓ Spelling Words:
  - calm, breathe, slow
- ✓ Finish the Sentence
- ✓ Draw Bloo Gecko



## Key Vocabulary

Calm

Breathe

Feelings

Pause

Choose

Slow

## Differentiation & Assessment

- ✓ Support: Draw & Trace Words
- ✓ Challenge: Write Sentences



### Teacher Check-In:

- ☒ Emerging
- ☒ Developing
- ☒ Confident

## Closing Reflection

- ✓ What did Bloo Gecko teach us?
- ✓ How can we choose calm?
- ✓ One final deep breath together.



✓ What did Bloo Gecko teach us?

✓ How can we choose calm?



# Lesson Plan 3

## Focusing and Listening with Bloo Gecko

Age Range: 4–7 years

Duration: 40–60 minutes

Subject Areas:

Literacy & SEL • Mindfulness



### Learning Objectives

- Practice listening with eyes, ears, and body.
- Follow simple instructions.
- Identify what it feels like to focus.
- Use breathing and stillness to concentrate.
- Demonstrate comprehension.

### Key Vocabulary

Focus

Listen

Still

Quiet

Attention

Pause

### Materials Needed



Bloo Gecko Picture



Listening Ears Card



Bell or Music



Worksheets

### Lesson Flow

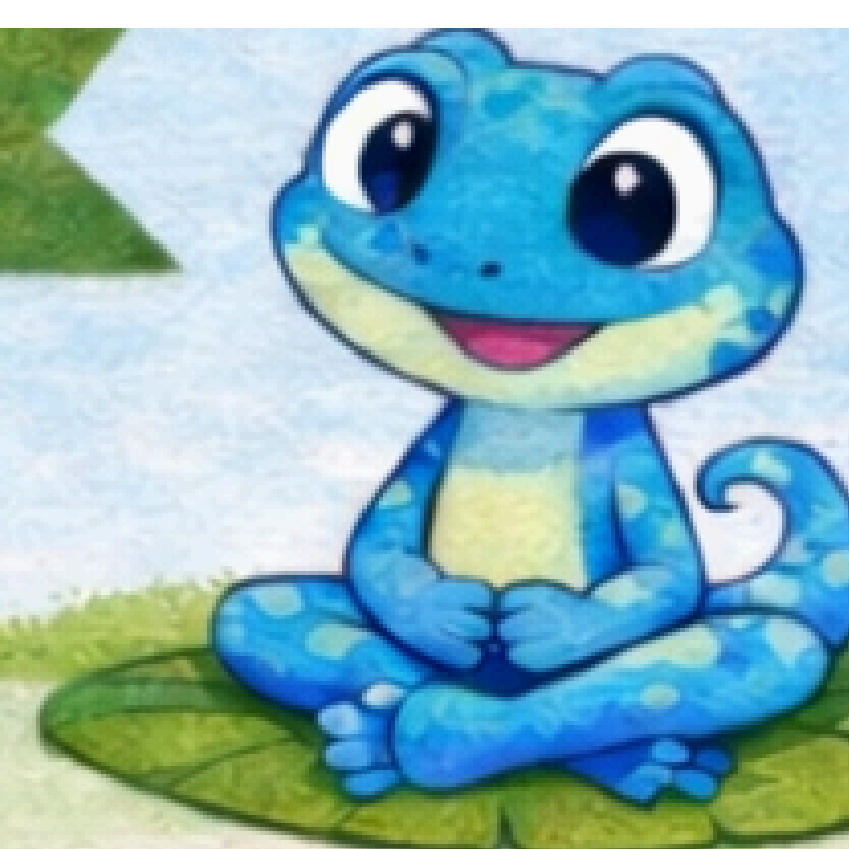
- Welcome Circle
- Story Time
- Breathing Activity
- Movement Focus
- Literacy Worksheet
- Closing Reflection





# Lesson Plan 3: Teacher Instructions & Activities

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## 1. Welcome Circle (5-10 minutes)

Sit together in a circle with Bloo Gecko visible.

**Ask:** • What does it mean to listen?"

- Encourage ideas like paying attention with our eyes, ears, and body.
- **What do our bodies** look like when we are listening?" Discuss qualities of a still and quiet body.

**Explain:** " Bloo Gecko is learning how to focus and **listen calmly** so he can understand better."

### Materials Needed



**Bloo Gecko** picture or poster



**Materials:**

## 2. Story Time (10 minutes)

Read a short story featuring **Bloo Gecko** practicing listening and being still.

**Discuss:** **What** helped Bloo Gecko listen?"

- Was Bloo Gecko calm or wiggly at first?
- How did Bloo Gecko feel when he focused?"

Let children share their favorite parts of the story.



**Materials:**



**Bell** or calm music

## 4. Breathing & Stillness Activity (5-10 minutes)

Facilitate a breathing practice to help children focus and listen.

**Listening Breath:**

- Sit tall.
- Take a slow breath in through the nose.
- Breathe out gently through the mouth.
- Ring a bell (or play calm music). Ask children to raise their hands when they can no longer hear the sound, practicing stillness while waiting.

Repeat 3-4 times.



**Literacy Activity**



Printed worksheet, crayons or colored pencils.

## 6. Reflection & Closing Circle (5 minutes)

Facilitate a closing discussion.

**Ask:** "How did your body feel when you were still?"

- Why do we need to listen carefully?"

End with one **slow breath** together for a calm farewell.

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# Lesson Plan 4: Bloo Gecko's Body Break

Age Range: 4~7 years

Duration: 40~60 minutes

Subject Areas:

- Literacy
- Social-Emotional Learning (SEL)
- Mindfulness & Movement

Character Focus: Bloo Gecko

Theme: Taking a body break to feel better and refocus

Key Vocabulary



## Learning Objectives

- ✓ Identify when we need a body break.
- ✓ Listen to a story about Bloo Gecko taking a body break.
- ✓ Use movement to release energy & refocus.
- ✓ Practice spelling & sentences.

## Movement Activities

- ✓ Freeze Dance
- ✓ Shake It Out
- ✓ Rest & Breathe



## Literacy Fun!

- ✓ Spelling Words:
  - movement, shake, focus
- ✓ Finish the Sentence.
- ✓ Draw Bloo Gecko



## Key Vocabulary

Movement

Energy

Release

Shake

Focus

Rest

## Differentiation & Assessment

- ✓ Support: Draw & Trace Words
- ✓ Challenge: Write Sentences



## Teacher Check-In:

- ☒ Emerging
- ☒ Developing
- ☒ Confident

## Closing Reflection

- ✓ What was your favorite way to move?
- ✓ How can body breaks help us refocus?
- ✓ Try the Tree Pose together if you haven't yet!



✓ What was your favorite way to move?

✓ How can body breaks help us refocus?



# Teacher Instructions

## Lesson Plan 4: Bloo Gecko's Body Break

In this part of the lesson, observe the children for self-awareness as they identify when they need to take a body break.

Encourage working together in groups to read and follow movement instructions, creating fun activities that make their bodies move!



### Fun Activity 1: Spelling & Movement Assessment

- ✓ Write the spelling words (movement, energy, release, shake, focus, rest) on the board.
- ✓ Select one word at a time and ask students to spell it out loud as they write it down.

**Tips:** Reward correct answers with a high-five or Bloo Gecko sticker!

- ✓ After each word is spelled, ask the class to demonstrate the action.



### Fun Activity 2: Group Reading & Movement Creation

- ✓ Divide the class into small groups of 3-4 students. Give each group chart paper, markers, or crayons.
- ✓ Have groups create a fun movement activity that makes everyone move. They should write 3-4 short steps, including the key spelling words: **movement, energy, release, shake, focus, rest.**
- ✓ Each group takes turns reading aloud their movement instructions for the whole class to follow.

**Tips:** Encourage creativity and teamwork as they come up with fun moves.

**Tips:** Provide guidance and support as **needed**, ensuring instructions are clear and include key spelling words.

