

Objective: Familiarize students with the weighted stuffed dragon, promoting focus and a sense of comfort.

Language Arts (Common Core Standard: CCSS.ELA-LITERACY.RL.K.3):

- Read a dragon-themed story, emphasizing the comfort the dragon provides.
- Write a short paragraph about the calming effects of the dragon.

Mindfulness and SEL (CASEL Competencies: Self-Awareness, Self-Management):

- Introduce deep breathing exercises with the dragon, emphasizing its weight for grounding.
- Discuss how weighted tools can help with focus and reduce stress.

Art (National Core Arts Standards: VA:Cr1.1.K):

- Create dragon-themed artwork, focusing on the calming textures and colors.

Week 2: Dragon Math Connections

Objective: Integrate dragon-themed activities into mathematical concepts, utilizing the calming effects of the dragon.

Mathematics (Common Core Standard: CCSS.MATH.CONTENT.K.CC.B.4):

- Count dragon scales, incorporating the weighted dragon to enhance tactile engagement.
- Practice addition and subtraction with dragon-themed math problems, emphasizing the calming presence of the dragon.

Science (Next Generation Science Standards: NGSS.K-PS2-2):

- Explore the concept of weight using the stuffed dragon, discussing how it contributes to a sense of stability.
- Conduct experiments to understand the impact of weighted tools on balance.

Week 3: Cultural Explorations Through Dragon Tales

Objective: Explore cultural stories involving dragons while emphasizing the calming nature of the dragon companion.

Language Arts (Common Core Standard: CCSS.ELA-LITERACY.RL.K.7):

- Read dragon tales from different cultures, highlighting the dragon as a symbol of calm and focus.
- Write a short story featuring the dragon as a calming force.

Social Studies (National Council for the Social Studies: NCSS.THEME.I.C):

- Explore maps and discuss how dragons are culturally significant worldwide, connecting it to the calming effects of the dragon.

Week 4: Dragon Yoga and Mindful Movement

Objective: Integrate physical activities with mindfulness using the dragon's calming influence.

Physical Education (National Standards for Physical Education: Standard 1, 2, 3):

- Introduce dragon-themed yoga poses and exercises, emphasizing the calming impact on the body.
- Engage in movement activities with the dragon, promoting coordination and balance while enjoying its calming weight.

Mindfulness and SEL (CASEL Competencies: Self-Management, Responsible Decision-Making):

- Practice mindful movement with the dragon, focusing on the calming effects of intentional motion.

Week 5: Science Explorations and Sensory Adventures with the Dragon

Objective: Engage in hands-on science experiments and sensory activities, leveraging the calming influence of the dragon.

Science (Next Generation Science Standards: NGSS.K-ESS3-3):

- Explore the five senses using the dragon, emphasizing its calming effect on sensory experiences.
- Conduct simple experiments related to touch, sight, and sound, with the dragon as a calming focal point.

Art (National Core Arts Standards: VA:Cr2.2.K):

- Create a textured dragon art project using various sensory materials, incorporating the calming influence of tactile exploration.

Week 6: Dragon Reflections and Culminating Calmness

Objective: Reflect on the dragon's role in mindfulness, and integrate lessons learned with a focus on its calming effects.

Language Arts (Common Core Standard: CCSS.ELA-LITERACY.W.K.8):

- Write a reflection on how the dragon has been a calming companion.
- Share reflections with classmates, discussing the calming impact of the dragon.

Mathematics (Common Core Standard: CCSS.MATH.PRACTICE.MP1):

- Review math concepts with dragon-themed games and activities, emphasizing the calming influence of focus.

Art (National Core Arts Standards: VA:Cr3.2.K):

- Create a collaborative dragon-themed art project, incorporating elements that represent calmness.

Culminating Event:

- Dragon Day Celebration with activities showcasing learning, emphasizing the calming effects of the dragon on the entire learning experience.