

THE MOODERATORS

Teacher & Caregiver Guide:



GoNoodle

For more information and learning resources, visit [KidsMentalHealthFoundation.org](https://www.KidsMentalHealthFoundation.org).

Welcome to the Teacher Guide for The Mooderators.

This series is in partnership with The Kids Mental Health Foundation, created by the experts at Nationwide Children's Hospital.

The Kids Mental Health Foundation and GoNoodle are working together to bring elementary schools fun, engaging episodes on social and emotional wellness. We hope these guides can give you more insight into children's mental health and activities you can bring into the classroom.



Overview

We want our Mooderators episodes and guides to help you navigate mental and emotional concerns that young children face every day.

Each episode features a song from The Mooderators, Skylar and Clara. These songs promote four social-emotional goals: energize, focus, calm and support.

In this guide, we've included:

- **Insights** on the how and why behind each topic
- **In-class activities** to further engage students
- **Caregiver pages** that explain each topic and offer activity adaptations for home
- **Links** to further reading on **[KidsMentalHealthFoundation.org](https://www.kidsmentalhealthfoundation.org)**

What We'll Focus On

"Take 5" is an episode that teaches children a calming strategy for stress or anxiety.

We'll focus on the "Take 5" grounding technique, which distracts children from anxious thoughts and helps them refocus on the present moment.

In this guide, we will:

- Explain how the five senses relate to mindfulness.
- Identify distractions children may face that separate them from the present moment.

Facing Today's Distractions



“ There’s a lot going on
What if we take some time
To ground ourselves and calm our minds
Let’s take 5 ”



When we’re worried, it can be hard to focus on anything else. The anxious feelings consume us and make it difficult to engage in the present moment.

When kids are worried, they have a hard time focusing because of all the thoughts rushing through their minds. The more they dwell on their worries, the worse the feelings get. That can trigger the nervous system and make it very difficult to engage at school.

That’s where mindfulness comes in. **Mindfulness, or awareness and acceptance of the present moment, can help us "get out of our head" and notice the present moment without judgment, instead of paying too much attention to our worries and stresses.**



Grounding with the Five Senses



“ Let’s scan our surroundings
Using our senses



What do you see, feel, hear, smell, and taste
Whatever comes to mind
Let’s take 5 ”

One powerful technique in mindfulness is grounding. Grounding helps the mind focus on what the body currently feels and experiences through the five senses. By focusing on the present, the mind can steer away from anxious thoughts about the future.

A recent study found that grounding helped people with anxiety and depression.¹

In The Mooderators, we hear Skylar and Clara sing about the “Take 5” technique. They focus on what they can see, feel, hear, smell and taste in the present moment to ground themselves and calm their minds.

NEXT STEPS IN THE CLASSROOM

- **Discuss different anxiety triggers with students.** Brainstorm what causes them worry, and different solutions they have for counteracting this anxiety. A few examples include:
 - Test anxiety
 - Difficulty completing assignments
 - Problems with friends
- **Review the five senses.** Talk about what students notice in the classroom using all five senses. You can expand the discussion to different environments as well.

¹https://journals.sagepub.com/doi/10.2466/06.PR0.116k21w5?url_ver=Z39.88-2003&rfr_id=ori:rid:crossref.org&rfr_dat=cr_pub%20%20pubmed

Student Activity



“Take 5” uses the five senses to calm anxious thoughts and focus on the present.

TAKE 5 TECHNIQUE

Materials: “Take 5” worksheet, pens, pencils, markers or crayons

Objectives: Through the “Take 5” technique, we hope to:

- Offer students a new way to relax their minds.
- Help them ground their minds in the here and now.

DIRECTIONS

1. Reflect again on times when students may feel anxious. Talk about how they can use the “Take 5” technique to help their minds calm down and not dwell on their worries.
2. Listen to The Mooderators “Take 5” song.
3. Use the worksheet to help students reflect on their own “Take 5.” Provide some of your own examples to help them.
 - a. *We’re going to do the “Take 5” technique together. This way we can put our worries aside and calm our minds.*
 - b. *We are going to explore how we use our five senses in the classroom. First, let’s talk about sight. Notice five things you can see right now. Is your eye drawn to anything in the room in particular? Do you notice anything shiny? Anything in a color you really like?*
 - c. *Next, the four things you can touch right now. What do your hands feel beneath them? Is the surface hard or soft? Is it hot or cold? Rough or smooth? Squishy?*
 - d. *Now, three things you can hear. Do you hear anything coming from outside? Is the heat/air conditioning making noise? Can you hear the computer running? The clock ticking, tapping sounds or someone moving? Noise in the hallway?*

Student Activity: Take 5 (Cont'd)

- e. *Then, two things you can smell. Is your nose smelling anything in our room? Maybe something from lunch? Or the smell of soap or lotion on your hands?*
 - f. *Finally, one thing you can taste (or imagine tasting). It might help to think of your favorite snack and what you look forward to eating (or ate earlier). What's on the menu today?*
- 4. When students finish their worksheets, consider turning on some calm music. Using their worksheets, have them reflect on what they wrote quietly. You can announce each prompt so they reflect on each one at a time.
 - a. *Remind students that mindfulness is hard and requires practice.*
 - b. *Sometimes it can be hard to focus on the "Take 5." It's OK if your thoughts get distracted. When you notice distracted thoughts, bring yourself back to the present and focus again on your senses.*



TAKE Five

List FIVE things you can see right now.

1. _____
2. _____
3. _____
4. _____
5. _____

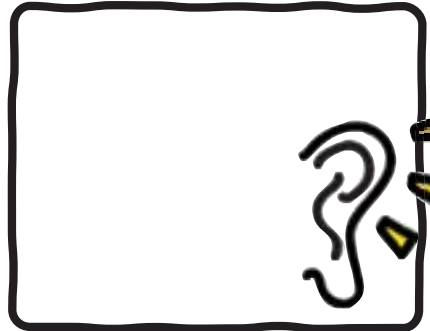
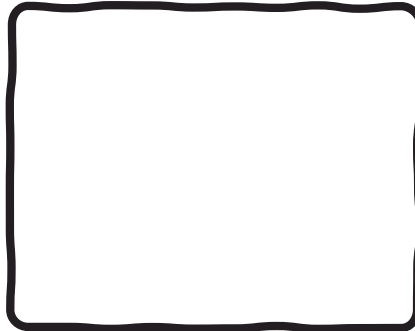
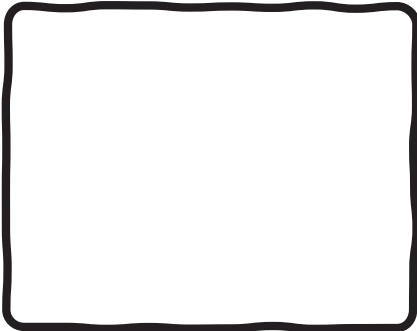


Name FOUR things you can touch.

1. _____
2. _____
3. _____
4. _____

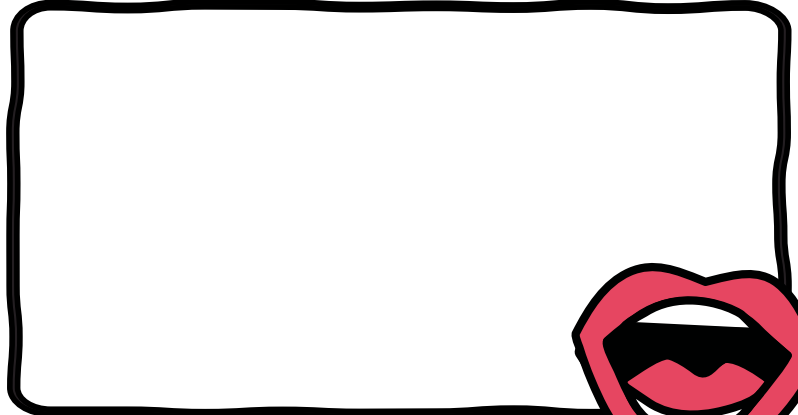
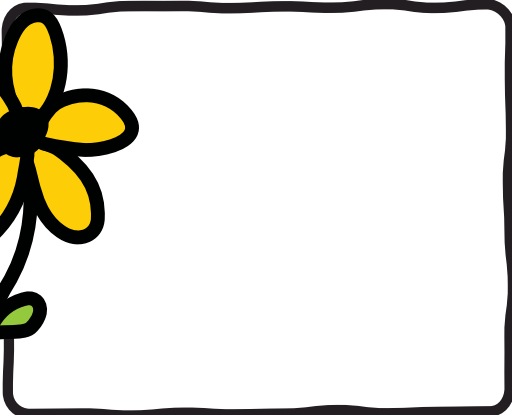


Draw THREE things you can hear.

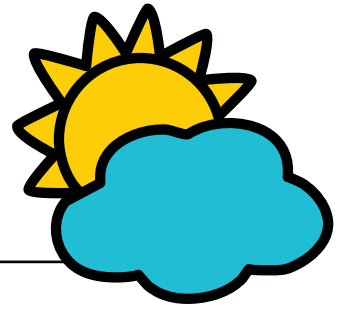


Name TWO things you can smell.

Draw ONE thing you can taste or imagine tasting.



Time to Take the Five Senses... Outside!



“Let’s Get Moving... Active Grounding”

Consider bringing your students outside for a walking grounding exercise.

Reflect on the “Take 5” technique outside the classroom.

- What do their senses interact with outside?
- How different is this from inside? Is it easier or harder to focus outside?
- Which environment do they prefer?

LINKS TO MORE:

Interested in learning more about mindfulness?

Check out these links at [KidsMentalHealthFoundation.org](https://www.kidsmentalhealthfoundation.org).

How to Help Your Kids Practice Mindfulness:

Search “Mindfulness” at [KidsMentalHealthFoundation.org](https://www.kidsmentalhealthfoundation.org) or [click here](#).

Grounding Meditation For All Ages:

Look for the Grounding Meditation video at [YouTube.com/@KidsMentalHealthFoundation](https://www.youtube.com/@KidsMentalHealthFoundation) or [click here](#).

Welcome to the Caregiver Guide for The Mooderators. This series is in partnership with The Kids Mental Health Foundation, created by the experts at Nationwide Children's Hospital.

The Kids Mental Health Foundation and GoNoodle are working together to bring caregivers fun, engaging episodes that cover various mental health topics. We hope these guides can give you more insight into children's mental health and activities you can try at home.

Objectives

"Take 5" is an episode that teaches children calming strategies for stress. We'll focus on the "Take 5" grounding technique, which distracts children from anxious thoughts and helps them refocus on the present moment.

In this guide, we will:

- Explain how the five senses relate to mindfulness.
- Identify distractions children may face that separate them from the present moment.

Distractions and the Five Senses

When we're worried, it can be hard to focus on anything else. The anxious feelings consume us and make it difficult to engage in the present moment.

When kids are worried, they have a hard time focusing because of all the thoughts rushing through their minds. The more they dwell on their worries, the worse the feelings get. That can trigger the nervous system and make it very difficult to engage in school or other activities.

That's where mindfulness comes in. **Mindfulness, or awareness and acceptance of the present moment, can help us "get out of our head" and notice the present moment without judgement, instead of paying too much attention to our worries and stresses.**

Grounded in the Here and Now

One powerful technique in mindfulness is grounding. Grounding helps the mind focus on what the body currently feels and experiences through the five senses. By focusing on the present, the mind can steer away from anxious thoughts about the future.

A recent study found that grounding helped people with anxiety and depression.²

In The Mooderators, we hear Skylar and Clara talk about the “Take 5” technique. They focus on what they can see, feel, hear, smell and taste in the present moment to ground themselves and calm their minds.

NEXT STEPS IN THE HOME

- **Talk about worries your child may have.** What causes your child to worry? Have an open and honest discussion about what their concerns may be.
- **Review the five senses.** Talk about how we experience the five senses (see, hear, touch, smell, taste) at home. What are some things we sense in other environments?
- **Practice the “Take 5” technique:** Use The Mooderators song to help remember the technique. Below is a guide to how to present it to your child.

²https://journals.sagepub.com/doi/10.2466/06.PR0.116k21w5?url_ver=Z39.88-2003&rfr_id=ori:rid:crossref.org&rfr_dat=cr_pub%20%20pubmed



At-Home Activity

TAKE 5 TECHNIQUE

Materials: “Take 5” worksheet, pens, pencils, markers or crayons

Objectives: Through the “Take 5” technique, we hope to:

- Offer children a new way to relax their minds.
- Help them ground their minds in the here and now.

DIRECTIONS

1. Reflect again on times when your child may feel anxious. Talk about how they can use the “Take 5” technique to help their minds calm down and not dwell on the worries.
2. Listen to The Mooderators “Take 5” song.
3. Use the worksheet to help your child reflect on their own “Take 5.” Provide some of your own examples to help them.
 - a. *Let’s look at the “Take 5” technique together. This way we can put our worries aside and calm our minds.*
 - b. *We are going to brainstorm how we use our five senses at home. First, let’s talk about sight. Think about the five things you can see right now. Is your eye drawn to anything in this room in particular? Anything shiny or bright? Anything a particular color you like?*
 - c. *Next, the four things you can touch right now. What do your hands feel beneath them? Is the surface hard or soft? How about your feet? Do they feel anything? Is it hot or cold? Rough or squishy?*
 - d. *Now, three things you can hear. Do you hear anything coming from outside? Is the heat/air conditioning making noise? Can you hear noises outside? Others moving? Cars outside our house?*

At-Home Activity: Take 5 (Cont'd)

- e. *Then, two things you can smell. Is your nose picking up anything in our home? Maybe something from dinner? Or the smell of soap or lotion on your hands?*
 - f. *Finally, one thing you can taste (or imagine tasting). It might help to think of your dinner and what you look forward to eating (or ate earlier). What's on the menu today?*
4. When you've finished the worksheet, consider turning on some calm music. Announce each prompt and have your child quietly reflect on what they wrote.



TAKE Five

List FIVE things you can see right now.

1. _____
2. _____
3. _____
4. _____
5. _____

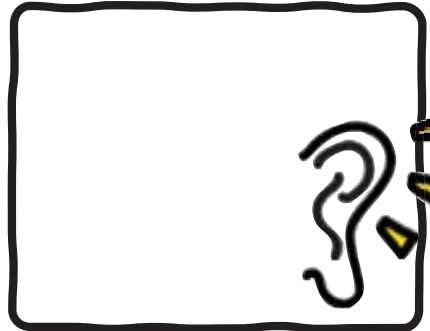
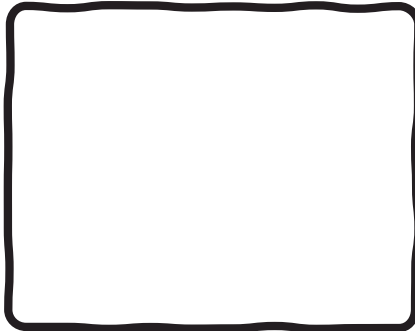
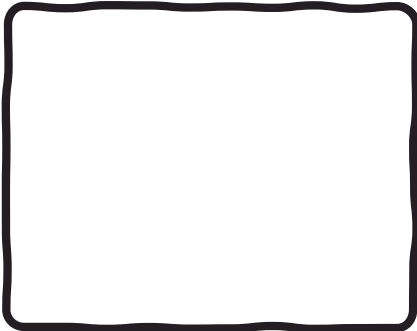


Name FOUR things you can touch.

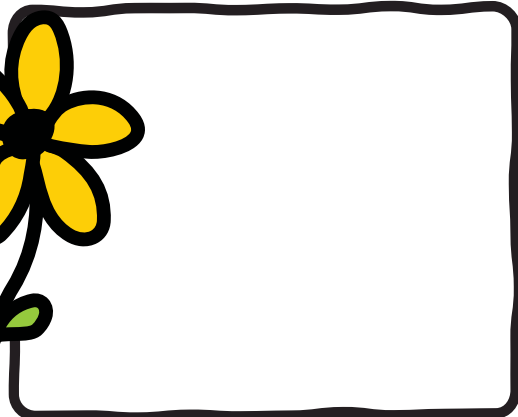
1. _____
2. _____
3. _____
4. _____



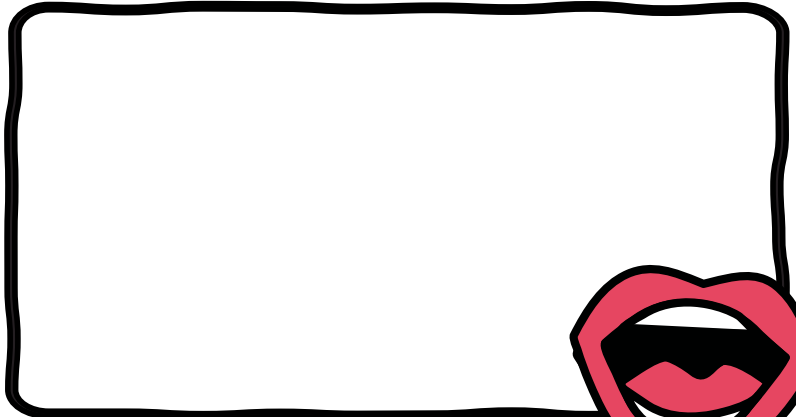
Draw THREE things you can hear.



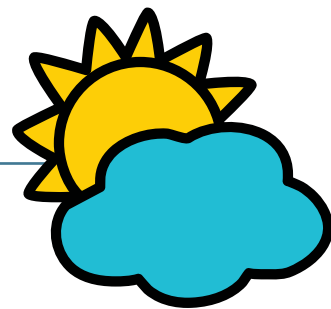
Name TWO things you can smell.



Draw ONE thing you can taste or imagine tasting.



"Take Five"... Outside!

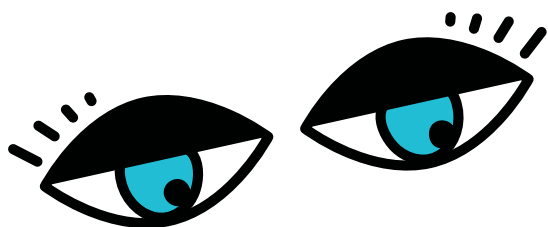


Time to Take the Five Senses... Outside!

Take your child outside for a walking grounding exercise.

Reflect on the "Take 5" technique outside your home.

- What do their senses interact with outside?
- How different is this from inside? Is it easier or harder to focus outside?
- Which environment do they prefer?



LINKS TO MORE:

Interested in learning more about mindfulness?

Check out these links at [KidsMentalHealthFoundation.org](https://www.KidsMentalHealthFoundation.org).

How to Help Your Kids Practice Mindfulness:

Search "Mindfulness" at [KidsMentalHealthFoundation.org](https://www.KidsMentalHealthFoundation.org) or [click here](#).

Grounding Meditation For All Ages:

Look for the Grounding Meditation video at [YouTube.com/@KidsMentalHealthFoundation](https://www.YouTube.com/@KidsMentalHealthFoundation) or [click here](#).