



## Lesson Five

This lesson introduces students to the concept of mindful thinking—the practice of pausing, breathing, and using our senses to solve problems. Through the story they follow Lily, Cleo, and Oliver as they use their five senses—sight, sound, touch, taste, and smell—to solve a mystery. Students then practice mindful thinking by playing a concentration game. They learn that when we pause, exhale, and think, (PET) we can solve puzzles more easily and understand how using our senses helps us solve problems and make healthy choices.

### At Home Practice: 🧩 Puzzle Time! 🧩

Mindful thinking involves PET, **pausing** as we get ready to solve problems, **exhaling** to be calm and then **thinking** and using our senses as we solve the problem or puzzle. Careful thinking helps our brain to focus and see how things are connected.

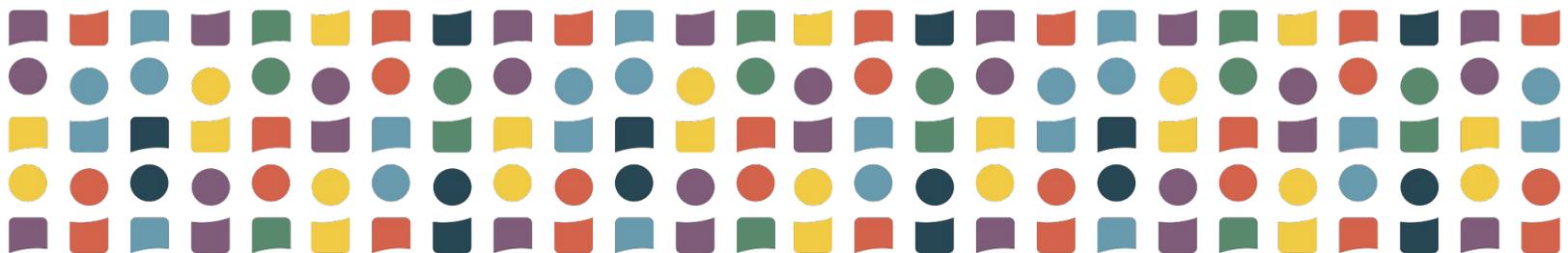
We're going to play a fun puzzle game. I'll say three words that are connected. Your job? Figure out how they go together! Remember to use PET to solve the puzzles.

**Example time!** I say: “teacher, chair, desk.” Can you guess how they're connected? (Yep! They're all things at school!)

But before we start each puzzle, we're going to do some mindful breathing to help our brain feel calm and ready to think.

Breathe in slowly... 1, 2, 3, 4, 5

Now exhale... 1, 2, 3, 4, 5



***At Home Practice: Puzzle Time! cont.***

**Puzzle #1** – Listen closely! “Blue, red, green.” Think... think... How are they connected? (Hint: Look at a rainbow or crayons!)

Breathe in slowly... 1, 2, 3, 4, 5

Now exhale... 1, 2, 3, 4, 5

**Puzzle #2** – “Ruff-ruff, meow, moo.”

What do these silly sounds remind you of? (Hint: They live on a farm or in your house!)

Breathe in slowly... 1, 2, 3, 4, 5

Now exhale... 1, 2, 3, 4, 5

**Puzzle #3** – “Scratchy, smooth, hard.”

Ooh! These are all about how things feel when we touch them! That’s our sense of touch.

**Want to switch it up?**

Let’s play backwards! I say a topic, you name things that go with it. What reminds you of summer?”  
Maybe: “I taste lemonade. I feel hot. I hear crickets!”

You did amazing! You were calm, focused, and clever. When else could you use careful thinking? Maybe when solving a problem or waiting your turn?