

Mommy Teaches the Young Ninja: Teacher's Curriculum Guide



Series Overview

The "Mommy Teaches the Young Ninja" series by Rita C. Stewart is designed to nurture emotionally intelligent and resilient children through engaging ninja adventures that teach practical life skills. The series is particularly effective for urban youth and under-resourced communities.

Core Educational Objectives

- Develop emotional intelligence and self-regulation
 - Build focus and concentration skills
 - Teach mindfulness and meditation practices
 - Foster resilience and inner strength
 - Promote spiritual and mental well-being
 - Address sensitive topics with age-appropriate guidance
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Volume 1: "Breathing is a Superpower"

Age Group: Elementary (K-5)

Duration: 2-3 weeks

Learning Objectives:

- Understand the importance of proper breathing
- Learn belly breathing techniques
- Develop self-calming strategies
- Build foundation for emotional regulation

Classroom Activities:

- Daily 5-minute breathing exercises
- "Ninja Breathing" practice sessions
- Create breathing reminder cards
- Role-play scenarios using breathing techniques

Assessment:

Students demonstrate proper breathing technique and explain when to use it

DAILY LESSON PLAN

Volume 1: "Breathing is a Super Power"

3-Week Implementation Plan

Week 1: Foundation Building

Lesson 1.1: Meet Your Ninja Power (Day 1)

- Objective: Introduce breathing as a superpower concept

- Materials: Book, ninja character cards, breathing visual aids
 - Opening (5 min): Read pages 1-8, introduce Young Ninja character
 - Activity (15 min): "Find Your Breath" - students place hands on chest/belly to feel breathing
 - Practice (10 min): Basic in-and-out breathing count (4 counts in, 4 counts out)
 - Closing (5 min): Students share one word describing how breathing felt
 - Homework: Practice breathing 3 times before bed
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Lesson 1.2: Belly Breathing Basics (Day 2)

- Objective: Learn proper belly breathing technique
 - Materials: Stuffed animals or small books for belly placement
 - Opening (5 min): Review yesterday's practice, read pages 9-16
 - Activity (20 min): "Balloon Belly" exercise with props on stomach
 - Practice (10 min): 5-minute guided belly breathing session
 - Assessment: Teacher observes proper technique
 - Homework: Morning belly breathing (5 breaths)
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Lesson 1.3: When to Use Your Power (Day 3)

- Objective: Identify situations for breathing techniques
- Materials: Scenario cards, emotion faces chart
- Opening (5 min): Share homework experiences
- Activity (15 min): Role-play scenarios (angry, scared, excited, sad)
- Practice (15 min): Use breathing in each scenario
- Closing (5 min): Create personal "breathing reminder" card
- Assessment: Students demonstrate technique in different emotional states

Week 2: Skill Development

Lesson 1.4: Advanced Ninja Breathing (Day 4)

- Objective: Learn 4-7-8 breathing pattern
 - Materials: Visual breathing guides, soft background music
 - Opening (10 min): Review and practice basic belly breathing
 - Activity (20 min): Introduce 4-7-8 pattern (inhale 4, hold 7, exhale 8)
 - Practice (10 min): Guided practice with music
 - Assessment: Students count along correctly
 - Homework: Practice new pattern twice daily
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Lesson 1.5: Breathing for Focus (Day 5)

- Objective: Use breathing to improve concentration
 - Materials: Simple puzzles or math problems
 - Opening (5 min): Quick breathing warm-up
 - Activity (15 min): Complete tasks before and after breathing exercises
 - Practice (15 min): "Laser Focus" breathing (sharp inhales, slow exhales)
 - Assessment: Compare task performance before/after breathing
 - Reflection: Journal about focus improvements
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Week 3: Mastery and Integration

Lesson 1.6: Teaching Others (Day 6)

- Objective: Students teach breathing to peers/family
- Materials: Student-created instruction cards
- Opening (10 min): Students share teaching experiences
- Activity (20 min): Peer teaching practice in pairs
- Practice (10 min): Group breathing circle
- Assessment: Peer evaluation of teaching effectiveness
- Project: Create breathing instruction poster

Final Assessment:

Students demonstrate all breathing techniques and explain when to use each one.