

THE ENCHANTED FOREST™ — SOCIAL EMOTIONAL LEARNING (SEL)

Bloom's Bravery Magic | Teacher Lesson Plan

Lesson Title: Module 5 — The Magic Flight (Bloom's Yoga Sequence)

Book: *Bloom the Brave Fairy*

Grade Level: K–2 (Adaptable K–3)

Estimated Time: 15–20 minutes

Lesson Type: SEL Recap + Somatic Movement / Yoga Flow

Core Skill: Fear is energy • movement helps release stuck feelings • breath + body create calm clarity

Closing Affirmation: I am safe, strong, and brave.

Bloom's Bravery Magic — Lesson Plan 5

Module 5: The Magic Flight (SEL + Movement Lesson)

Theme: Fear is energy • Energy likes to move • Yoga helps move feelings through the body

In Bloom's story...

We recap Bloom's journey and realize she was able to move through her fear. When she took her brave flight, she moved fear through her body.

Learning Objective

Students will:

- Understand fear can feel like energy in the body (fluttery tummy, tight throat, sweaty hands, tense muscles)
- Learn that movement helps energy move through the body

- Practice Bloom’s “Magic Flight” yoga sequence to support safety and courage
- Check in with the body before and after movement
- Take home a printable yoga sequence for continued practice

Materials

- Open space to stretch and move
- Yoga mats (optional)
- Comfortable clothes for movement
- Bloom’s Magic Flight Yoga Sequence printable (one per student + one teacher copy)

Teacher Note: The Magic Flight sequence is designed to be taught in 10 minutes or less. Teachers may repeat the sequence if desired.

Vocabulary

Energy • Feelings • Fear • Movement • Yoga • Breath • Stretch • Calm

Time Breakdown

- Welcome + recap: 3 minutes
- Mini lesson: fear is energy: 2 minutes
- Yoga practice (Magic Flight sequence): 8–10 minutes
- Reflection + closing: 2–4 minutes

Procedure (Teacher Script — Warm Version)

1) Warm Welcome + Full Recap (3 minutes)

Teacher says:

“Welcome back, brave friends. Today is our final module, and we’re going to celebrate everything Bloom learned.”

Quick prompts:

- “What did we do with our fears in Lesson 1?” (Worry Monster / get fears out)
- “What was our special tool in Lesson 2?” (Belly breath)
- “What did we learn in Lesson 3?” (Meditation / thoughts like clouds)
- “What did we learn in Lesson 4?” (Brave steps / one step at a time)

Teacher says:

“And today we learn the final part of Bloom’s bravery magic: Bloom’s Magic Flight.”

2) Mini Lesson: Fear is Energy (2 minutes)

Teacher says:

“As we have been talking about, fear is a totally normal feeling — and it shows up in the body.”

“Sometimes fear can feel like butterflies in the tummy, tight throat, sweaty hands, tight shoulders, wiggly legs, or a fast heart.”

“All of that is **energy** in the body. And **energy likes to move.**”

“So when we move our bodies, fear energy can move out of the body too. Then we can feel calmer, clearer, and more brave.”

Teacher asks:

“Raise your hand if you’ve done yoga before.”

Teacher says:

“Yoga is breathing + stretching + movement.”

3) Introduce the Printable (30 seconds)

Hold up the Magic Flight printable.

Teacher says:

“Today we’ll be using Bloom’s Magic Flight Yoga Sequence. I’ll guide us through it first, and then you’ll get your own copy so you can practice anytime—at home, before bed, or whenever your worry monster gets loud.”

4) Activity: Bloom’s Magic Flight Yoga Sequence (8–10 minutes)

Teacher setup:

“Find a comfy spot where you can stretch. If anything hurts, you can pause, rest, or choose a different shape. We’ll take 3 slow breaths in each pose.”

Pose 1: Child’s Pose (Safety Pose)

“This is a safety pose—like Bloom learning to feel safe in her body.”

(3 belly breaths)

Pose 2: Cat–Cow

“Inhale—Cow. Exhale—Cat. Imagine fear energy leaving your body as you breathe.”

(Optional: meow/moo with each pose—younger kids love this)

Pose 3: Downward Facing Dog

“Press your hands and feet into the ground. Imagine fear energy falling out through your hands and feet.”

(Optional: dog sound)

Pose 4: Slow Roll Up → Mountain Pose

“Roll up slowly. Stand tall and strong like a mountain. Feel your feet on the ground.”

Pose 5: Star Pose (Bloom’s Leap)

“Jump out and in like a star if you want—just like Bloom’s brave flight.”

Pose 6: Warrior Pose

“One foot forward, one foot back. Arms strong.”

(Optional: ‘HI-YAH! Like a warrior’)

Switch sides.

Pose 7: Tree Pose

“Pick one spot to look at. Even if you wobble, you can come back.”

Pose 8: Knees to Chest / Rock Pose (Safety Again)

“Hug your knees. Rock gently if you want. This is a safety shape.”

Pose 9: Seated Breaths

“Come to seated. Take 3 slow belly breaths. Notice how your body feels now.”

5) Reflection (2–3 minutes)

Teacher asks:

“How do you feel in your body after Magic Flight?”

Optional share time

Teacher says:

“When you move and breathe, you help big feelings move through you.”

6) Hand Out Printable (1 minute)

Give students their Magic Flight sheet.

Teacher says:

“This is your Magic Flight sheet. You can use it anytime you want to feel calm, strong, and brave. Even doing 2 or 3 poses can help your body feel safe.”

7) Closing Breath + Affirmation (1 minute)

“One hand on your belly and one on your heart.”

Repeat:

“I am safe.”

“I am strong.”

“I am brave.”

Assessment

Students can:

- Name one body sensation of fear
- Demonstrate breath + movement together
- Describe body feelings before vs after yoga

Differentiation / Supports

- Students may do poses beside desk or seated
- Students may skip any pose
- Encourage autonomy: “Your body is the boss.”

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