


The Quiet Song — Lesson Plan

Grade: Pre-K–2 | Duration: 35–45 minutes | CASEL Domain: Self-Awareness

Objective: Students will recognize that being quiet is a strength, not a weakness, and that stillness allows us to notice things others miss.

Essential Question: *"What can you discover when you are still and listen?"*

Materials: The personalized story, Paper and watercolors or soft crayons, Headphones or ear muffs (for quiet activity), Small bells or chimes

Vocabulary: Quiet, Whisper-bloom, Stillness, Listen, Observe, Gentle, Bioluminescence, Heartbeat, Sanctuary, Universe

ANTICIPATORY SET (5 MIN)

Thirty-second silent challenge: everyone sits completely still and listens. Then share: "What did you hear that you didn't notice before?" Record on the board.

DIRECT INSTRUCTION (15 MIN)

Read in a gentle, unhurried voice. Pause when the whisper-blooms open — whisper to the class and watch their faces. Pause when the hero finds another quiet child. Emphasize: the garden only opens for quiet. Being quiet is the KEY, not the problem.

GUIDED PRACTICE (10 MIN)

Practice "quiet superpowers" — sit still for one minute and draw or write what you notice (a sound, a feeling, a detail in the room). Share discoveries. Celebrate the most surprising observation.

INDEPENDENT PRACTICE (10 MIN)

Paint a whisper-bloom flower using watercolors and soft strokes. Write: "My quiet superpower is _____. When I'm still, I notice _____."

CLOSURE (5 MIN)

Whisper circle: each child whispers one thing they love about quiet. Introduce the class Quiet Garden corner.

ASSESSMENT

Observe comfort with silence during activities. Review whisper-bloom art and writing. Exit ticket: "Name one thing you can notice when you're still."

DIFFERENTIATION

Support: Pair quiet students with each other. Use visual prompts for the listening activity. Allow drawing instead of writing.

Extend: Write a guide to the Secret Quiet Garden. Create a "field journal" of quiet observations over a week.

HOME CONNECTION

Send home a "Quiet Walk" challenge card. Families take a 5-minute silent walk and share observations afterward.