

Mindfulness in the Classroom  
**Day Five of Moshi Mindfulness**  
**Thinking and Thanking**





## Moshi Mindfulness in the Classroom series

is a focused sequence of CASEL-aligned lesson plans. Built around the magical Moshi world, the lessons use audio content and characters to bring social-emotional learning to life across topics like self-regulation, awareness, and making friends. Take-home sheets are included with each lesson so that kids and families can practice mindfulness in and out of the classroom.



**CASEL Standards:**

**SOCIAL AWARENESS:** The abilities to understand the perspectives of and empathize with others, including those from diverse backgrounds, cultures and contexts.

Understanding and expressing gratitude.

**Academic Standards:**

Common Core English/Language Arts Standards:

CCSS.ELA-LITERACY.W.K.8

CCSS.ELA-LITERACY.W.1.8

With guidance and support from adults, recall information from experiences or gather information from provided sources to answer a question.

CCSS.ELA-LITERACY.W.2.8

Recall information from experiences or gather information from provided sources to answer a question.

**Objective:**

Identify the feeling of gratitude.

**Essential Questions:**

What is gratitude?

What and who makes you feel grateful?

How can I manage my emotions during a difficult time?

**I Can:**

I can use gratitude to help me feel calm and relaxed.



## Day Five of Moshi Mindfulness - Thinking and Thanking

Now we will listen to a meditation from '7 days of Moshi Mindfulness' called Day Five of Moshi Mindfulness. This is Waldo! Click on the picture to begin listening:



00:00  06:10



[http://moshisleep.com/play/7\\_Days\\_Thinking\\_and\\_Thanking](http://moshisleep.com/play/7_Days_Thinking_and_Thanking)

## Identifying Emotions

### What is gratitude?

Gratitude is being grateful or thankful for someone or something. When we feel grateful we say, "Thank You". Let's practice saying thank you to someone for something they did, or some way they helped you.

What and who makes you feel grateful?  
Write or draw about it now.  
How do you feel when you are thankful for others?  
What could you do to help someone today?

### Get Ready to Listen

Now that you've learned about gratitude, let's get comfortable and get ready to use our mindful skills! We're going to stretch, then relax our bodies. Then we'll use our breathing skills. We'll use our imagination to think about the wonderful world of Moshi where the Moshlings play, and today we will add something new and think about who makes us feel grateful. Let's listen now.

### After You Listen

How do you feel now? What did you think about?  
Write or draw about it now.

During your Home Time Activity, you'll make Thank You cards for others and, if you have the app, you can listen to a Moshling Story about giving thanks!





The word "moshi" is written in a white, rounded, lowercase sans-serif font. The letters are thick and have a friendly, approachable feel. The 'm' is particularly rounded, and the 'i' has a simple dot. The text is centered horizontally and vertically against a background of overlapping, semi-transparent circles in various shades of blue and purple, creating a soft, abstract pattern.

moshi