

# Lesson Overview

## Day Four of Moshi Mindfulness

### Picturing Peace

#### **CASEL Standards:**

**RESPONSIBLE DECISION-MAKING:** The abilities to make caring and constructive choices about personal behavior and social interactions across diverse situations.

Demonstrating curiosity and open-mindedness.

Identifying solutions for personal and social problems.

#### **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:**

Use imagination and visualization as a mindfulness technique.

#### **Essential Questions:**

How can I use my imagination to help me relax?

#### **I Can:**

I can use my imagination to help me relax by practicing mindfulness.



# Mindful Teaching Tips

## Ten Second Serenity

Teachers know that the work day is packed with non-stop activity, often before school until late in the evening. Take a moment, a Ten Second Serenity moment for yourself. Practice the deep breathing techniques you have been teaching to your students and take two slow, deep breaths. If you breathe slowly enough, that is about ten seconds of mindfulness. Keep in mind your vision of your role as an educator, and remind yourself that nothing can keep you from that fundamental goal of educating young people to be their best selves.

Just don't forget to take at least ten seconds, if not more, to breathe deeply and invest some mindfulness into yourself so you can pass it on to your class!

## Teaching Transcript

Today we will talk about our imaginations. Imagination is when our mind creates pictures and ideas. Let's practice using our imagination to picture some things we like.

Imagine something you like to do, like playing a game. Picture yourself doing that now. Imagine someone you like to spend time with. Picture that in your mind. Imagine something delicious you like to eat. Picture yourself eating and enjoying it now.

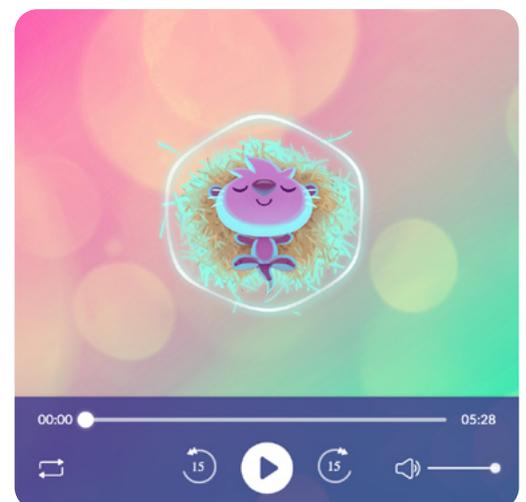
You will have a chance to use your imagination to picture a wonderful place where you can find your Inner Smileyness today. Then, during your Home Time Activity, you will hear a story about other Moshlings who like to be mindful, too!

### After You Listen

Today we pictured a snowy mountain, a meadow, or another beautiful place.

What place did you imagine?  
Did you feel your Inner Smileyness?  
What did it feel like?

You used your imagination to picture a wonderful place where you found your Inner Smileyness today. Next, during your Home Time Activity, you will hear a story about other Moshlings who like to use their imaginations too!



# Home Time Activity

Using the Moshi App, you will listen to the story of Goldie the Mindful Moshling. Goldie teaches us about mindfulness, kindness, gratitude, and more. You will get the chance to practice deep breathing, letting your thoughts go, and using your imagination to get to your Inner Smileyness!

## Weekly Theme Card

Let's Review our Moshi Mindfulness

Practice Sitting Still

Focus on Breathing

Let Thoughts Drift Past

Picture your Stream of Thoughts Flowing

Use Your Imagination to Find your Peace

Take time each day to be mindful

**It may feel strange at first, but keep working at it and you'll get the hang of it just like the Mindful Moshlings!**

