

Lesson Overview

Day One of Moshi Mindfulness

Getting Started

CASEL Standards:

SELF-AWARENESS: The abilities to understand one's own emotions, thoughts, and values and how they influence behavior across contexts. This includes capacities to recognize one's strengths and limitations with a well grounded sense of confidence and purpose.

SELF-MANAGEMENT: The abilities to manage one's emotions, thoughts, and behaviors effectively in different situations and to achieve goals and aspirations. This includes the capacities to delay gratification, manage stress, and feel motivation & agency to accomplish personal/collective goals.

Academic Standards:

CCSS.ELA-LITERACY.W.K.2

Use a combination of drawing, dictating, and writing to compose informative/explanatory texts in which they name what they are writing about and supply some information about the topic.

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 self-awareness evaluation skills to recognize when to use a self-management technique.

Essential Questions:

How do I feel?

What can I do to calm down?

What is mindfulness?

How can I use mindfulness every day?

What are the benefits of mindfulness?

I Can:

I can use mindfulness to manage my emotions.



Mindful Teaching Tips

Let the students do the mindfulness activities

One tenet of project-based or experiential learning is to let the students do the work. If you are more active and engaged than your students, you may have a passive learning situation. Once you have introduced your students to mindfulness techniques and have a few of the 30 Days of Moshi Mindfulness lessons complete, invite students to help lead a mindfulness session for the class. You can invite them to help lead one of the planned lessons, or have them lead the class in their own mindful activity they made up during a Home Time Activity.

Taking time for students to share with the class how mindfulness is working for them is always a good motivator. Students love to share about their own experiences! If a whole class discussion is too much, have students write about it and share it with a friend.

Teaching Transcript

This short, step-by-step program is designed for your class to begin a simple, seven-day introduction to Moshi Mindfulness.

Day One:

Let's listen together and learn about mindfulness.

After You Listen

Let's talk about how you were mindful today.

Relax your body.

Breathe in and out slowly.

Breathe in like you're smelling a flower.

Breathe out like you're blowing out a candle.

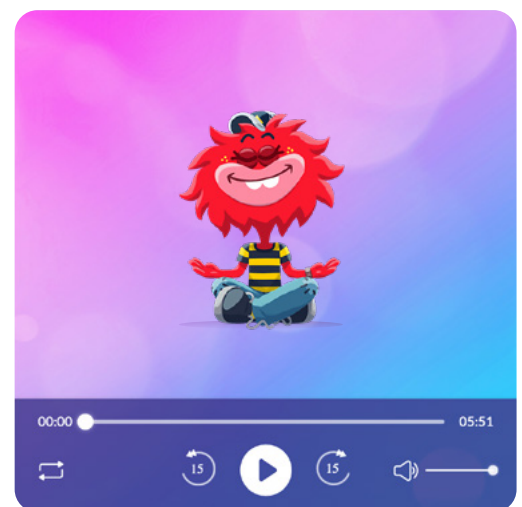
Feel your breath going into your body...and out of your body.

Imagine a stream and let it drift past.

Taking a moment each day takes practice, but it gets easier the more you do it!

You have taken your first step towards achieving what the Moshlings like to call Inner Smileyness!

Come back tomorrow for Day Two of Moshi Mindfulness!



Home Time Activity

Introduction to Mindfulness At Home

During our study of mindfulness, we are using Moshi's simple, seven day program to introduce mindfulness. This program is fun for families at home as well as teachers and their students. Your learner will be able to share with you their mindfulness skills and express their creative side with imaginative Home Time Activities that encourage artistic and written expression. Each lesson includes a Weekly Theme Card with reminders about how to revisit that place of playful calm with the adorable and mindful Moshlings! Stay tuned for more and we invite you to join us on our mindful journey!

Today we listened to Day One of Moshi Mindfulness and invite you to join us here [[link to Day One Mindfulness](#)]



Weekly Theme Card

Stretch your body

Relax your body

Smell your
fragrant flower as
you breathe in

Blow out the
candle on your
cake as you
breathe out

When a thought
pops into your
mind, send it down
the stream



Be mindful for a few moments each day and soon you'll find your Inner Smileyness too!