

# Lesson Overview

## Day Seven of Moshi Mindfulness

### Putting It All Together

#### **CASEL Standards:**

**RESPONSIBLE DECISION-MAKING:** The ability 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.

**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:**

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:**

Follow the steps of mindfulness.

Use mindfulness to manage emotions.

Identify when to use mindfulness.

#### **Essential Questions:**

What are the steps of mindfulness?

How can I use mindfulness to manage my emotions?

When should I use mindfulness?

#### **I Can:**

I can follow the steps of mindfulness.

I can use mindfulness to manage my emotions.

I can identify my emotions and choose when to use mindfulness.



# Teaching Transcript

Today we will put our mindful skills together. We have learned how to be mindful and meditate!  
We have learned:

- How to breathe deeply, slowly, and quietly.
- How to send our thoughts down the stream.
- How to find our Inner Smileyness!
- How to picture a peaceful place.
- How to count our breaths.
- How to relax our bodies.
- How to practice being still.
- How to be grateful and thankful.
- How to be mindful like the Moshlings!

Let's put it all together and enjoy meditating, Moshi-style!

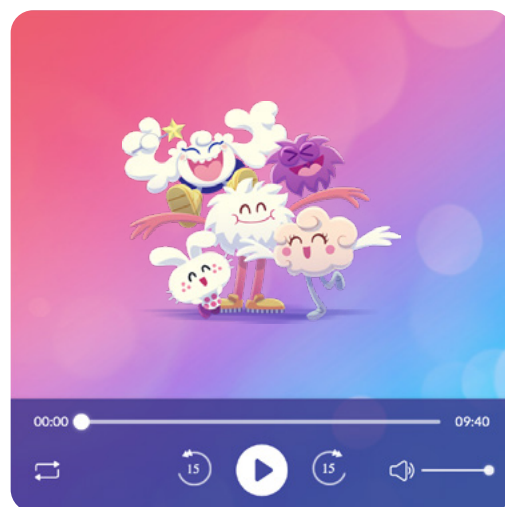
## Get Ready to Listen

Stretch your body in your own space. Stretch high, stretch low, wiggle your hands and toes.  
Think about how you feel now. Your mind may be active and your body may have lots of energy.  
Let's get comfy and get ready to relax.

## After You Listen

- How do you feel after being mindful today?
- What does your body feel like?
- What places and people did you picture in your imagination today?

- Write or draw your thoughts now.
- What do you like about being mindful?
- Tell a friend about being mindful.
- Tell someone why you are grateful for them.
- Give yourself a high five or a hug. You are being mindful.
- You can practice mindfulness a little each day!



# Home Time Activity

We have finished Moshi's Seven Days of Mindfulness series and we have learned so much! We have learned how to calm ourselves, breathe deeply, use our imaginations to find our Inner Smileyness, and how to be grateful! We will continue with our study of mindfulness with lessons from Moshi, and we'll try to be mindful during class time. We will also work on building positive relationships, starting at home. Invite your learner to write or draw about the relationships that are important to them in the space below.

My Relationships

My Family

My Friends

My School Community

My \_\_\_\_\_ Community

