

Lesson Overview

Day Two of Moshi Mindfulness

Streams of Thought

CASEL Standards:

SELF-AWARENESS: The abilities to understand one's own emotions, thoughts, and values and how they influence behavior across contexts.

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 mindfulness to identify emotions.

Essential Questions:

How do I feel?

What can I do to understand my emotions?

What can I do to manage my emotions?

I Can:

I can use mindfulness to identify and manage my emotions.



Mindful Teaching Tips

Make a Comfortable Mindful Space

When doing mindfulness exercises with your class, give them enough space to stretch if instruction is in person. If instruction is virtual, it may be challenging to help students find a quiet place to work, much less be mindful. Include in your communication with families the importance of making sure learners have quiet places to learn, and to be mindful. If you are instructing virtually, your image of calm on the screen may be the most relaxing vision they've seen in a while. If you are in the classroom, adding calming lighting options and space to sit on a cushion or mat during mindfulness activities may increase focus time.

Teaching Transcript

Today we will continue on our journey to mindfulness. First, we will review what we learned yesterday. Think about the river where your thoughts will float away during our meditation. We picture our thoughts floating away so we can focus on relaxing our minds. When we have many thoughts, it can be hard to relax or calm down.

Moshlings like to breathe deeply to calm down. Let's practice our slow, deep, and quiet breaths. We will take notice of our thoughts and feelings. What are you thinking about? How are you feeling?

We will relax our bodies today. First we will move our bodies. Wiggle your toes. Now quietly move your feet. Move your legs. Stretch your arms in your own space. Move your back and stretch your shoulders. Gently move your body and work out your energy. Don't touch anyone else – this is your time to move!

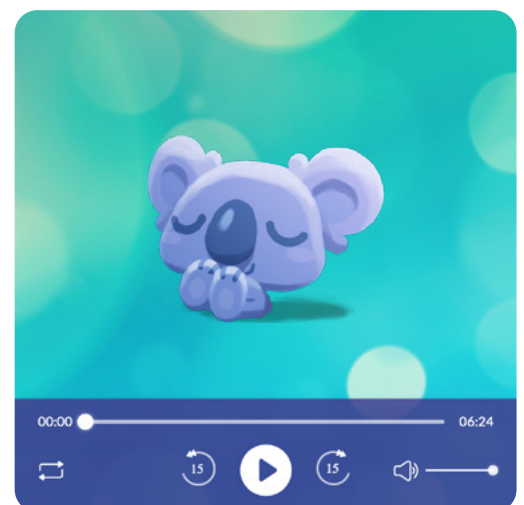
Now that we have practiced our breathing and moved our bodies, it's time to listen to the Moshlings teach us more about being mindful.

Get Ready to Listen

Stretch any part of your body you need to, then get comfortable. Focus on your breathing. Take a slow, deep breath, and let's begin!

After You Listen

How did you feel after listening? What sounds did you focus on? What did you think about? How did your body feel after breathing deeply? Did you have thoughts that you let pass by?



Home Time Activity

You will get a chance to practice what you learned during Day Two of Moshi Mindfulness. During our lesson today, we worked on noticing how our bodies and minds feel during deep breathing and mindfulness. Now you will be able to practice this skill more with Yawnsy's Blissful Body Scan.

Here are the steps of Yawnsy's Blissful Body Scan.

1. Lie down and get comfortable with your arms beside you and palms facing up.
2. Take deep, slow breaths like you practiced and relax your body.
3. Wiggle your toes slowly.
4. Scrunch up your toes like you are squishing a pillow, then let go.
5. Feel your breath going down into your legs, feet, and toes. Then back up again.
6. Pretend your legs are melting slowly.
7. Feel your chest rising and falling as you breathe.
8. Wiggle your fingers.
9. Think about your breath moving down your arms into your fingers.
10. Squish up your nose, then let it relax.
11. Relax your face and head.

Weekly Theme Card

Get comfortable
and breathe
deeply.

Feel your body
relax.

Send your
thoughts and
worries down the
stream.

Focus on the
sounds around you.

Breathe slowly
until you are calm

