

Lesson Overview

Goldie the Mindful Moshling

CASEL Standards:

SOCIAL AWARENESS: The abilities to understand the perspectives of and empathize with others, including those from diverse backgrounds, cultures, & contexts. This includes the capacities to feel compassion for others, understand broader historical and social norms for behavior in different settings, and recognize family, school, and community resources and supports.

Academic Standards:

Common Core English/Language Arts Standards:

CCSS.ELA-LITERACY.SL.3.2

CCSS.ELA-LITERACY.SL.4.2

CCSS.ELA-LITERACY.SL.5.2

Determine the main ideas and supporting details of a text read aloud or information presented in diverse media and formats, including visually, quantitatively, and orally.

Objective:

Use the mindfulness strategies of kindness, generosity, and positivity when interacting with others.

Essential Questions:

How can I use mindfulness to have positive interactions with others?

I Can:

I can use mindfulness to help me be kind, generous, and positive when interacting with others.

Mindful Teaching Tips

Celebrate your mindful behaviors by giving students time to share what mindful techniques they have attempted to incorporate into their daily routines. As you continue with your mindfulness instruction using Moshi's lesson plans, you can begin your session by inviting students to share the experiences and feelings they've had while deep breathing, visualizing, or calming themselves by listening to meditation or moment on the Moshi App.



Teaching Transcript

Today we join Goldie the Mindful Moshling who will guide us on a relaxing journey to find out how mindfulness and kindness go hand in hand.

Goldie knows that being there when others need you is true kindness.

- What are some ways that your friends or family have helped you?
- What are some ways you could help your friends or family?

On Goldie's journey, she found Professor Feathersnooze the Owl of Nod, sharing pillows with his friends.

- What do you share with or donate to others?

Goldie sees a Glimmering Glowfish who chats with her about looking on the bright side and making others glow inside by being kind.

- How does it feel to be treated with kindness?
- How do you feel when you treat others kindly?

SleepyPaws the Snoozy Koala meets Goldie on her journey and tells her that it's good to take short breaks and breathe deeply throughout the day as a mindful practice.

- Do you take breaks?

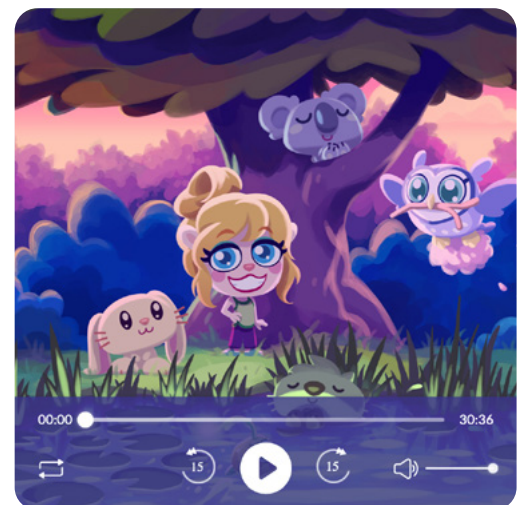
Plan out a mindful break like Goldie and Sleepy Paws. Start and end your break with a chime or bell. Take time to breathe deeply and relax on your short break.

Goldie meets Nodkins the Bedtime Bunny who teaches her about positivity.

- How do you stay positive when you are feeling down?
- What are some ways you could look on the bright side of things when you feel down?

The final Moshling friend that Goldie meets is Yawnsy the Sleepwalking Otter who tells her he stays so content and happy. He thinks of things he's done, memories, and happy moments. He replays these memories as happy movies before he goes to sleep at night so he can have sweet dreams.

- Do you usually remember your dreams?
- What happy memories, thoughts, and moments could you replay in your mind before you go to sleep at night?



Home Time Activity

We listened to the Moshi Story, Goldie the Mindful Moshling, a story narrated by Goldie Hawn, where we learned several techniques to help us feel positive and happy. Goldie shared about the benefits of being generous with others, treating them kindly, and remembering positive thoughts to bring sweet, peaceful dreams. If you or your family are looking for ways to be mindful, try Moshi's short seven-track series with fun and easy guides to mindfulness. If your student completed the Moshi Mindfulness Series in earlier grades, they may have completed these lessons, so use these as a quick and fun refresher on how to practice mindfulness at any age.

Weekly Theme Card

Kindness is a super power and friendship is a gift. When we're thoughtful every day, it gives the mind a lift.

Remember how Goldie showed us that kindness and mindfulness go hand in hand.

You can help others glow inside by being kind to others like the Glimmering Glowfish.

You can be generous like Professor Feathersnooze.

Breathe deeply and be mindful like SleepyPaws the Snoozy Koala.

Keep a positive outlook like Nodkins the Bedtime Bunny.

Remember your happy moments and memories like Yawnsy the Sleepwalking Otter to help you have sweet dreams at the end of the day.

With a little practice each day you can be mindful like Goldie the Mindful Moshling.

