

# Lesson Overview

## Mr. Snoodle's Moshi Moodlifter

### **CASEL Standards:**

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

**SELF-MANAGEMENT:** The abilities to manage one's emotions, thoughts, and behaviors effectively in different situations.

### **Academic Standards:**

CCSS.ELA-LITERACY.W.K.8

CCSS.ELA-LITERACY.W.1.8

CCSS.ELA-LITERACY.W.2.8

With guidance and support from adults, recall information from experiences or gather information from provided sources to answer a question.

### **Objective:**

Identifying and managing one's emotions.

### **Essential Question:**

How can I use mindfulness to identify my emotions and change my mood?



# Mindful Teaching Tips

## Care For Your Own Mood, Too!

As you teach your students to recognize their emotions and manage their moods, make sure you take time to care for your own mood. Don't forget that you can use these stress-relieving and mood-boosting activities for yourself before you embark on a busy day of teaching.

Whether you teach virtually or in person, students can tune in to your mood instantly.

1. Make your own moodlifter, too! Perhaps your magical moodlifter machine turns worry and stress into...a freshly brewed cup of coffee, or the perfect chocolate chip cookie.
2. Use your moodlifter before teaching students, and the more fun and elaborate your moodlifting machine is, the more it might just put a smile on your face before a busy class.

## Teaching Transcript

Everyone feels sad or upset at times. Today we will learn about shifting and lifting our moods with Mr. Snoodle. When you feel sad, bored, or lonely you feel 'down' but with a little help from Mr. Snoodle you can lift your mood!

Mr. Snoodle thinks about what mood he is in. Your mood is how you are feeling. What kind of mood are you in right now? You are invited to think about it, draw a picture of it, or write about it now.

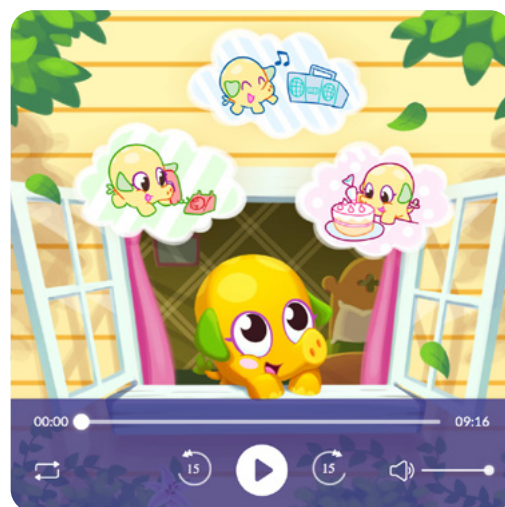
Mr. Snoodle likes to learn something new when he needs to lift his mood. What are some new things you would like to learn how to do?

Mr. Snoodle loves to take his mind off of what he is worrying about. He likes to play a game or exercise to lift his mood. Exercise fills Mr. Snoodle with positive energy. What kinds of exercise do you like to do?

What are some things you do to help others? What else could you do? How does it feel to help someone?

What brings you joy and makes you happy?

Think about your mood before you listened to Mr. Snoodle's Moodlifter. What is your mood now?



# Mindfulness in the Classroom

## Mr. Snoodle's Moshi Moodlifter

Dear Families,

Today we learned how to lift our moods using moodlifters with Mr. Snoodle in our Mindfulness in the Classroom with Moshi series. Ask your child to teach you about Mr. Snoodle's Moodlifter and what they learned today. Next, they can make their OWN Moodlifter in the activity below.

In Mr. Snoodle's Twilight Train, your child can learn about being themselves, even if they aspire to be like others, in a creative and relaxing Moshi Story that you can share with your child or they can listen to on their own at bedtime!

## Mr. Snoodle's Twilight Train

### My OWN Moodlifter!

Think about what Mr. Snoodle did to lift his mood.  
What could you do to lift your mood?



## Weekly Theme Card

Kindness is a superpower. Friendship is a gift, and when you're thoughtful everyday, it gives your mind a lift.

- ✓ Focus on the good things in life to lift your mood.
- ✓ Be kind and help others.
- ✓ What is your mood? Are you happy, angry, cheerful, sad?
- ✓ If you need to lift your mood, try Mr. Snoodle's Moodlifter and think about what your moodlifters are.
- ✓ Shift your Mood - Think about or do something else that makes you happy.
- ✓ Lift your Mood - Help others and do good deeds.
- ✓ Create your own moodlifter.
- ✓ What is your mood after you tried your own moodlifter?



# Weekly Theme Card



1. What kind of mood are you in right now? You are invited to think about it, draw a picture of it, or write about it now.

2. What are some new things you would like to learn how to do?

3. What kinds of exercise do you like to do?

4. What are some things you do to help others?

5. How does it feel to help someone?

6. What brings you joy and makes you happy?

7. Think about your mood before you listened to Mr. Snoodle's Moodlifter. What is your mood now?