

# Lesson Overview

## Day Five of Moshi Mindfulness

### Thinking and Thanking

#### **CASEL Standards:**

**SOCIAL AWARENESS:** The abilities to understand the perspectives of and empathise with others, including those from diverse backgrounds, cultures and contexts.  
Understanding and expressing gratitude.

#### **Academic Standards:**

National Curriculum in England - English Programmes of Study:

#### Spoken Language – Statutory Requirements:

Pupils will use spoken language to develop understanding through imagining and exploring ideas.

Pupils will listen and respond appropriately to adults.

Pupils will give well-structured descriptions for different purposes, including for expressing feelings.

#### Reading Comprehension – Statutory Requirements:

Pupils will also develop pleasure in reading, motivation to read, vocabulary and understanding by listening to and expressing views about a story at a level beyond that at which they can read independently.

#### Writing – Statutory Requirements:

Pupils will compose their sentences orally before writing them down.

#### **Objective:**

Identify the feeling of gratitude.

#### **Curriculum:**

This lesson is part of a well-designed curriculum that builds SEL skills sequentially. Students will continue to improve their self-management and self-awareness as well as other SEL skills in other short, high-quality lessons. During these lessons in which pupils are active participants, pupils will explicitly be taught why these improved SEL skills are so valuable.

#### **Essential Questions:**

What is gratitude?

What and who makes you feel grateful?

How can I manage my emotions during a difficult time?

#### **I Can:**

I can use gratitude to help me feel calm and relaxed.



# Mindful Teaching Tips

## Everyone Can Teach Us Something

A major part of teaching is interacting with other adults; parents, coworkers, principals, staff. This can be a rewarding and calming part of teaching, and spending a few minutes chatting with another adult in a day full of children can be a welcome respite. It can also be a challenge. No one gets along with everyone, although some people have the ability to tolerate a challenging colleague more than others. Even if the teacher down the hall is difficult to deal with, you can remember that you're grateful for them and the patience they require within you. Even if the parent on the phone is not in favour of your new teaching techniques, you can be thankful for the lesson in listening and showing compassion for others.

When the faculty meeting goes into its second hour with no end in sight, you can know that this simply must be a test of keeping your cool under pressure. Just imagine a Moshified world where your worries are transformed into a cup of coffee made just right for you. Everyone can teach us gratitude, whether they intend to or not!

## Teaching Transcript

### Identifying Emotions. What is gratitude?

Gratitude is being grateful or thankful for someone or something.

When we feel grateful we say, "Thank You".

Let's practise saying thank you to someone for something they did, or some way they helped you.

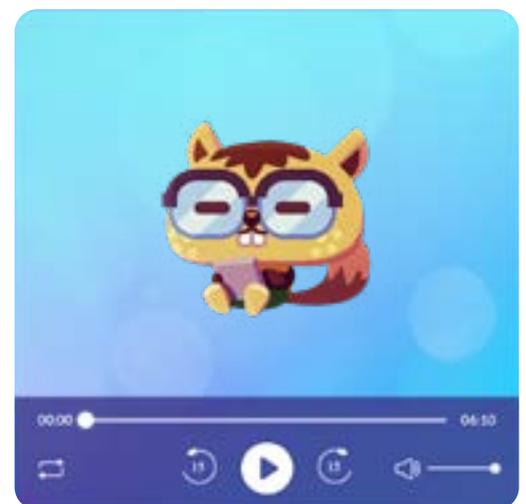
What and who makes you feel grateful? Write or draw about it now. How do you feel when you are thankful for others? What could you do to help someone today?

### Get Ready to Listen

Now that you've learned about gratitude, let's get comfortable and get ready to use our mindful skills! We're going to stretch, then relax our bodies. Then we'll use our breathing skills. We'll use our imagination to think about wonderful world of Moshi where the Moshlings play, and today we will add something new and think about who makes us feel grateful. Let's listen now.

### After You Listen

How do you feel now? What did you think about? Write or draw about it now. During your Home Time Activity, you'll make Thank You cards for others and, if you have the app, you can listen to a Moshling Story about giving thanks!



# Home Time Activity

## Giving Thanks!

Let's make Thank You Cards to the people we are grateful for! Use the space below to decorate a card and write or draw what that person did to make you feel thankful. Then, share your gratitude cards with others!

You can use these cards or make your own.



Dear

Thank You for

I am grateful for YOU :)



Dear

Thank You for

I am grateful for YOU :)



If you have the Moshi App, listen to Ava and the Woeful Welliphant (21mins) or Morgan's Lighthouse Lullaby (32mins) before bed to soothe your child to sleep and hear the playful Moshlings. Both of these calming bedtime Moshi Stories are about helping and caring for friends in need!

# Weekly Theme Card

## Remember Your Mindfulness

Relax your body.

Work on being still.

Practise being quiet.

Breathe deeply.

Let your thoughts float away.

Use your imagination and find your Inner Smileyness!

Give Thanks and Be Grateful.

Feel yourself being mindful.

**You're doing it! You've been mindful for 5 days. Give yourself a high five or a hug!**

