

Lesson Overview

Gratitude with Blossom

CASEL Standards:

SELF-AWARENESS: The ability to accurately recognise one's own emotions, thoughts, and values and how they influence behaviour. The ability to accurately assess one's strengths and limitations with a well-grounded sense of confidence and optimism.

SELF-MANAGEMENT: The ability to manage one's emotions, thoughts, and behaviours effectively in different situations.

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:

Identifying and managing one's emotions.

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:

How can I calm myself down?

I Can:

I can manage my emotions by thinking about who I am grateful for.



Teaching Transcript

What is gratitude?

Gratitude is being thankful and showing it. Today you will learn how Blossom the Blooming Wonder shows her gratitude. Blossom thinks about what she is grateful for and that helps her relax.

What or who are you thankful for?

Giving to Others

Blossom gives thanks to others and sometimes gives them a gift. What have you given to others? What could you do to help someone else today? How do you feel when you think about what you are thankful for?

Time to Listen

Get ready...

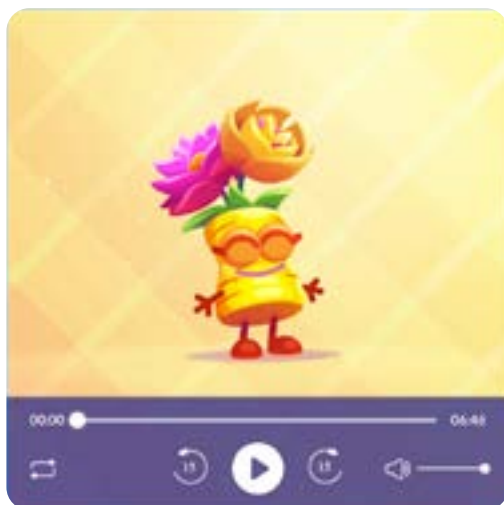
Get calm...

Breathe deep...

Let's listen to a kind and generous Moshling named Blossom in Gratitude with Blossom!

After You Listen

How do you feel now that you have listened to Gratitude with Blossom?



Mindfulness in the Classroom

Gratitude with Blossom

Dear Families,

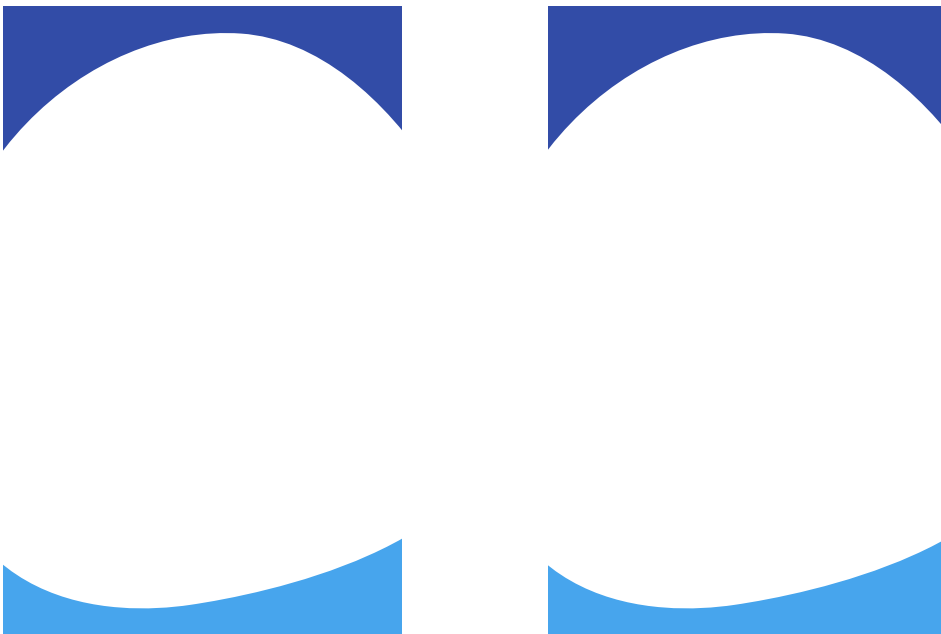
Our class is using Moshi's Mindfulness in the Classroom Series to learn about breathing techniques to calm ourselves. Try this activity at home and your child can help you learn an easy and fun relaxation tool to help manage stress and achieve calm.

In Darwin the Dithering Dodo, your child can learn about how to be more assertive with a Moshi Story that you can share with your child or they can listen to on their own at bedtime!

Home Time Activity

Thank You Cards

Is there someone in your life who could use a thank you card? What did they do that was so awesome? Design your own Thank You Card below! Make a card and send it or give it to someone special.



Weekly Theme Card

Get comfortable. Breathe deeply. Remember your Gratitude:

Who and what are you thankful for today?

Focus on how you feel when you give thanks for others.

Imagine your Thank You card and all that you are grateful for.

What or who are you thankful for?

What have you given to others?

What could you do to help someone else today?

How do you feel when you think about what you are thankful for?

How do you feel now that you have listened to Gratitude with Blossom?

