

Relationship Skills Unit Lesson 1: **Kindness, Caring and Sharing with Dewy**





Moshi Mindfulness in the Classroom series

is a focused sequence of CASEL-aligned lesson plans. Built around the magical Moshi world, the lessons use audio content and characters to bring social-emotional learning to life across topics like self-regulation, awareness, and making friends. Take-home sheets are included with each lesson so that kids and families can practice mindfulness in and out of the classroom.

CASEL Standards:

Relationship Skills - the ability to establish and maintain healthy and supportive relationships and to effectively navigate settings with diverse individuals and groups.

Social Awareness - The ability to understand the perspectives of and empathize with others, including those from diverse backgrounds, cultures, and contexts.

Academic Standards:

Students will focus on the following general early education and pre-kindergarten instruction and school readiness focus areas:

Communication with others.

Identifying emotions.

Using images and language to communicate emotions.

Objective:

Establish and maintain supporting relationships with others by teaching the importance of being kind, showing care, and sharing with others.

Essential Questions:

How can I be kind to others?

How can I show that I care about others?

Why is it important to share with others?

I Can:

Be a good friend by being kind.

Be a good friend by showing others you care about them.

Share with others.

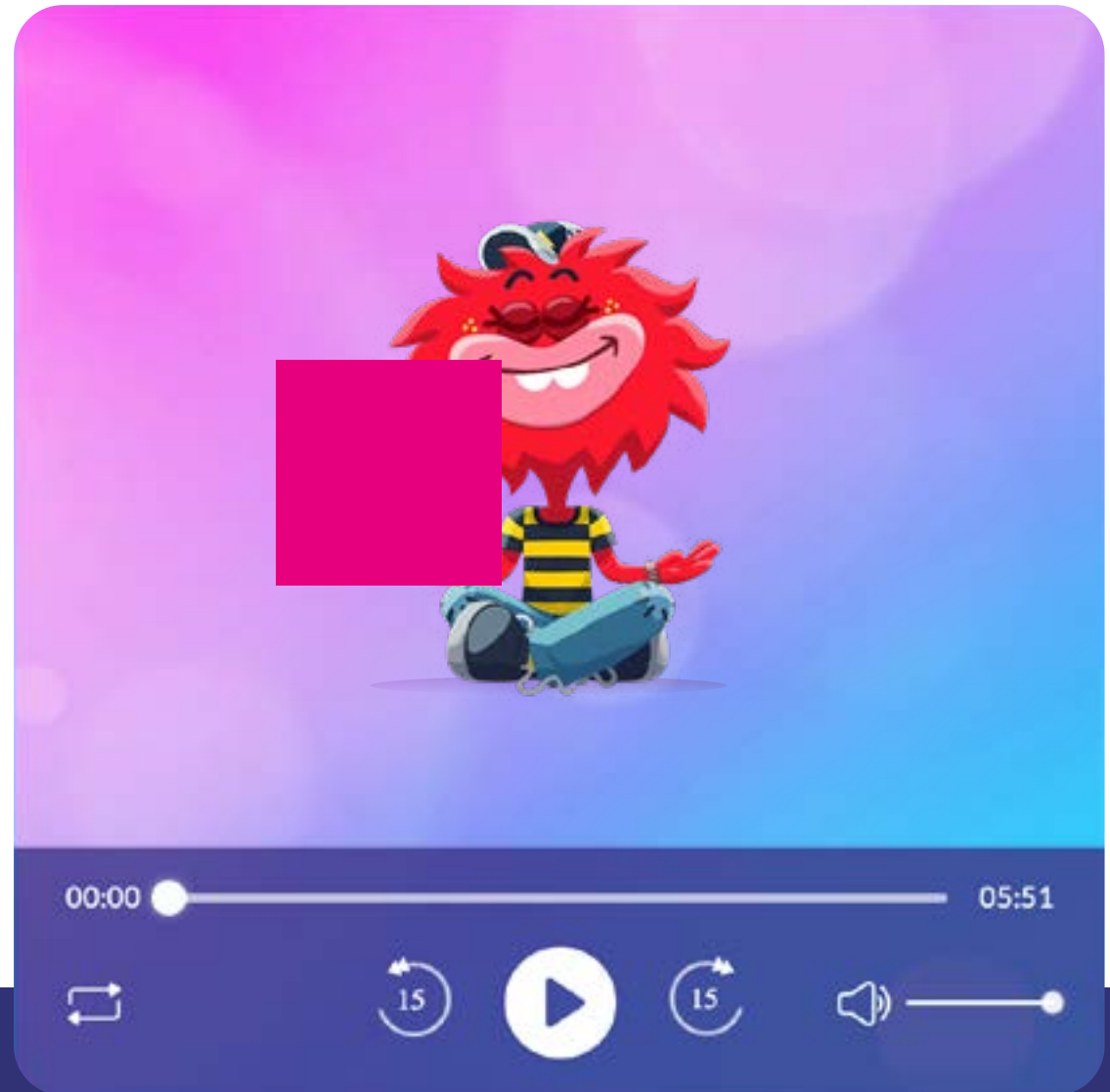


Relationship Skills Unit Lesson 1: Kindness, Caring, and Sharing with Dewy

Now we will listen to a story called Kindness, Caring, and Sharing with Dewy. This is Dewy! Click on the picture to begin listening:



http://moshisleep.com/play/7_Days_Getting_Started



Before You Listen

Think about being kind to a friend.
Tell someone nearby what you did to be kind.
How did you feel when you were being kind?

Now, think about someone you care about.
How do they show you that they care?
Tell someone nearby how you know that someone cares about you.
How does it feel to know someone cares?

Today we will also learn about sharing.
Do you have a friend or family that is good at sharing?
Is it ever hard to share something? Talk about that for a moment.

(Bring the class focus to you.)

Now we will listen to a story called Kindness, Caring and Sharing with Dewy. Dewy is a friendly Moshling who likes to imagine himself in someone else's shoes so that he can understand how people around him feel and why they act the way that they do. He is going to help us learn about what kindness, caring, and sharing looks like at our school.



(Play the track.)

What did Dewy learn about shoes?

What does it mean to imagine yourself in someone else's shoes?

Dewy imagines himself in someone else's shoes, and thinks about how someone else might be feeling.

Let's answer some questions together:

How can we be kind to each other?

How can we show that we care about each other?

How can we share with others?

(Write down the list on chart paper, if available, or write down the list and transfer it to the whiteboard, a slide, etc. in preparation for Lesson 2 activity.)



The image features a background of several overlapping circles in various shades of blue, ranging from a deep, dark blue to a bright, light blue. The circles are semi-transparent, creating a layered effect. In the center of the composition, the word "moshi" is written in a white, lowercase, rounded, and slightly irregular font. The letters are thick and have a soft, bubbly appearance. The overall aesthetic is clean, modern, and minimalist.

moshi