

Responsible Decision Making Unit: Lesson 2

Making Friends with Flumpy





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:

Responsible Decision-Making - the ability to make caring and constructive choices about personal behavior and social interactions across diverse situations.

Academic Standards:

Pre-Kindergarten School Readiness Goals:

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:

Listen, talk, and share with others to be a good friend.

Essential Questions:

How can I be a good friend to others?

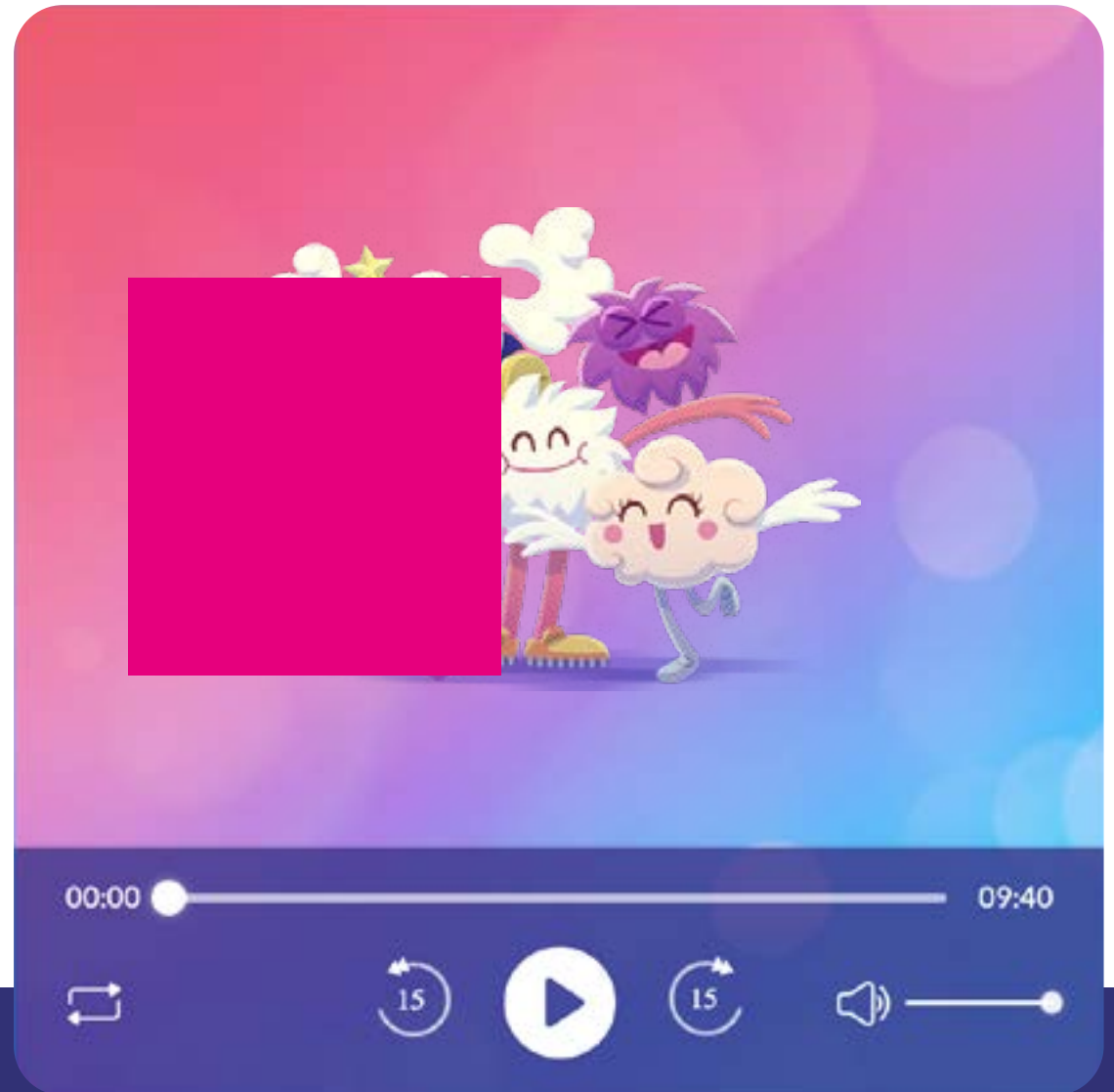
I Can:

I can be a good friend to others by listening, talking, and sharing.



Responsible Decision Making Unit Lesson 2: Making Friends with Frumpy

Now we will listen to a story called Making Friends with Flumpy. This is Flumpy! Click on the picture to begin listening:



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

Before You Listen

Last time we listened to Flumpy's story, he taught us how to be a good friend. Let's remind ourselves what he does when he wants to make new friends and be kind to the friends he already has.

When Flumpy makes friends, he:

Listens to what his friends have to say

Talks to his friends

Shares what he has with his friends

Today, Flumpy will teach us about what to do when we feel grumpy.

Feeling grumpy means you might feel tired, or in a bad mood. You don't feel your best.

Have you ever felt grumpy? When did you feel that way?

Listen for ways that Flumpy helps himself when he feels grumpy.

(Play the audio track 7:25 to 10:40)



After You Listen

What does Flumpy do when he feels grumpy?

He doesn't grumble when he doesn't get his way.

When You Feel Grumpy, Remember Flumpy

Flumpy says nice things to his friends. Flumpy is known for being humble. Even when things don't go well, he doesn't grumble. Flumpy shares with his friends. He shares snacks, games, and toys with others.

How can we be like Flumpy when he feels grumpy?

Be kind to your friends.

Use kind words.

Share with others.

Draw a picture that shows you being kind to your friends, saying nice things, and sharing with others.

Educator Choice: Use these sentence starters, or make up your own to encourage students to write about their drawings and how they can stop feeling grumpy.

I am kind to my friends when I _____.

I say nice things to my friends like _____.

I can share _____ with my friends.



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 image, the word "moshi" is written in a white, lowercase, rounded, and slightly irregular font. The letters are thick and have a friendly, approachable feel. The word is positioned horizontally and is the central focus of the image.

moshi