

# Self Awareness Unit Lesson 1: Benedict's Cracking Adventure

## **CASEL Standards:**

Self-Awareness - Recognizing one's emotions and values as well as one's strengths and challenges.

## **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:**

Students will recognize and identify emotions.

Students will recognize which behaviors and emotions indicate tiredness.

## **Essential Questions:**

How do I identify my emotions?

How do I behave when I need rest?

What can I do when I haven't had enough rest?

## **I Can:**

I can identify my emotions.

I can learn to identify my emotions when I need rest.

I can help myself to get enough rest.



# Mindful Teaching Tips

You can use any of the Moshi Moments in the Moshi App to help teach a quick mindfulness lesson. The longer tracks include stories that are rich with fun details and lessons to be learned. You can play parts of a longer track for a quick daily SEL boost, or you can play a longer track in full as you build up your stamina to listen and focus as a class.

## Teaching Transcript

### Before You Listen

(Play Benedict's Cracking Adventure 2:50 to 10:25)

Benedict is a Moshling called a Broken Booble, who looks like an egg. He looks for ways to keep his head together every day.

Benedict starts to crack when he feels tired.

Let's answer these questions and tell a friend the answer:

Have you ever felt tired, but you didn't want to go to sleep?

How do you feel when you are tired?

Benedict feels frustrated and grumpy when he gets tired.

How do you feel when you get tired?

Benedict looks for someone to help him with his problem.

Have you ever needed help with a problem?

Who did you ask to help you?

### After You Listen

Let's answer these questions about Benedict together:

When does Benedict start to crack?

What happens to Benedict when he starts to crack?

What happens to you when you get tired? How do you show that you are tired?



# Take Home Activity

During our Mindfulness with Moshi lesson, we learned about Benedict's Cracking Adventure and how he looks just like an egg. When he gets tired or stressed, he starts to crack.

Help your child answer these questions:

Benedict feels grumpy and grouchy when he doesn't get enough rest.

How do you feel when you don't get enough rest?

What do you do at bed time or rest time to help you relax?

Make a list of ways you and your family relax at home. Your child can add an illustration to help them remember what to do when they need to relax.

## Weekly Theme Card

Benedict's cracks appear when he feels stressed, especially when he hasn't slept, or had a proper rest.

Remember your sleep plan so you can get a good night's sleep and feel your best.

Don't forget how Benedict felt when he didn't get enough rest.

When you feel grouchy or tired, stop and think. Remember how Benedict felt. Get some rest and you will feel better.

