

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





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:

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.



Self Awareness Unit Lesson 1: Benedict's Cracking Adventure

Now we will listen to a story called
Benedict's Cracking Adventure. This
is Benedict! Click on the picture to
begin listening:



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

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?





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