

Self Awareness Unit Lesson 2: **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?

I Can:

I can identify my emotions.

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



Self Awareness Unit Lesson 2: 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

Remember how Benedict felt when he was too tired. Today Benedict is going to find someone to help him with his problem of being too tired.

Today Benedict will meet Professor Feathersnooze. A professor is a teacher. Listen for ways that the Professor teaches Benedict to relax and get better rest. You can remember the list we made last time about ways you can relax. We will add to that list after we listen to the rest of this story.

The reason Benedict keeps cracking is because he doesn't get enough sleep.

When we are tired, it is hard to concentrate and think.

Play the audio 11:13 to 20:38. This section is longer, so set a purpose for listening. After the story, background music will continue until the end of the track.

Educator's Choice: You can invite students to draw Benedict, Professor Feathersnooze, or a setting from the story as they listen to help them engage in a longer audio track.



After You Listen

Benedict thinks about sleep. Moshlings need their sleep, just like everyone. Feeling tired, stressed, and broken isn't any fun.

Let's answer these questions together:

Why was Benedict cracking and feeling grouchy?

How did Benedict fix his cracks?

How can you keep yourself feeling well?

(Reinforce these mindfulness practices from Benedict and the Professor.)

He goes to bed each evening at the same time.

Routine is a big part of a good night's rest.

Clear your mind to help unwind before you go to bed.

When Benedict's thoughts are calm before bed, he feels better.

Think about fun things, friends, family, and happy wishes before bed to have a calmer night of sleep.

Let's draw Benedict without any cracks and complete these sentence starters:

Benedict goes to bed _____.

Clear your mind by _____.

When your thoughts are calm, _____.



The background features a blue gradient that transitions from a darker shade at the top to a lighter shade at the bottom. Overlaid on this gradient are several large, semi-transparent blue circles of varying shades, creating a layered, abstract effect.

moshi