

Self Management Unit Lesson 2:
**Be Kind to Your Mind with
Professor Feathersnooze**





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-Management - The abilities to manage one's emotions, thoughts, and behaviors effectively in different situations and to achieve goals and aspirations.

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:

Recognize behaviors that help to manage emotions at home and at school.

Represent behaviors that help manage emotions in images and writing.

Essential Questions:

What can I do to stay calm at home and at school?

How can I remind myself how to stay calm?

I Can:

I can be still, breathe, and listen to stay calm.

I can remind myself about how to stay calm by writing and drawing about it.



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Now we will listen to a story called
Be Kind to Your Mind with Professor
Feathersnooze. This is Professor
Feathersnooze! Click on the picture
to begin listening:



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

Before You Listen

Remind students of what they learned in the previous self management lesson about becoming calm. Remind students of the ways they can calm down: by being still, breathing slowly and quietly, and by listening to the sounds around them.

Today Dr. Feathersnooze will teach us more ways to be calm. Listen for these ways to stay calm because we will be creating artwork about them after we listen.

(Play the audio track from 7:12 to the end.)

After You Listen

Let's answer these questions about the story:

What is another way to stay calm and be kind to your mind?
Think of more ways to stay calm.

(Teachers: write down this student-generated list. Invite students to choose their favorite way to stay calm and be kind to their mind at school. You can use these sentence starters to give students to write about being calm at school. As with the other Moshi Pre-K units, these pictures and sentences can be gathered into a class book. Students can read it during independent reading, or review it when necessary.)

Write and Draw about Being Calm at School

When I am at school, I can be calm by _____.

When I am at school, I can be kind to my mind by _____.





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