

Social Awareness PreK Unit Lesson 1: **Anxiety Be Gone with Yana**





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:

Social Awareness - The abilities to understand the perspectives of and empathize with others, including those from diverse backgrounds, cultures, and contexts.

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 emotions, including anxiety.

Use the behaviors of: deep breathing, positive self-talk, and visualization to manage my emotions, including anxiety.

Essential Questions:

What is anxiety?

What can I do when I feel anxious?

I Can:

I can recognize my emotions, including anxiety.

I can use the behaviors of: deep breathing, positive self-talk, and visualization to manage my emotions, including anxiety.



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Now we will listen to a story called
Anxiety Be Gone with Yana. This is
Yana! Click on the picture to begin
listening:



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

Before You Listen

Identifying Emotions:

What is Anxiety? Anxiety is a feeling of worry or stress.

What does anxiety feel like? Anxiety can make you feel shaky, and your heart might beat faster. You might breathe faster.

Anyone can feel anxiety, but the feeling doesn't last forever.

We can learn some tricks to help ourselves calm down when we feel anxious.

A cute Moshling named Yana will teach us what we can do when we have anxiety. Having anxiety is called feeling anxious. Listen for what Yana does when she feels anxious.

(Play the audio track, Anxiety Be Gone with Yana)

After You Listen

Let's answer these questions together:

What does Yana do when she feels anxious?

How do you feel now, after listening to Yana's story?





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