

Social Awareness PreK Unit Lesson 2:  
**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.



## Social Awareness PreK Unit Lesson 2: Anxiety Be Gone with Yana

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](http://moshisleep.com/play/7_Days_Putting_it_all_Together)

Remember how Yana kept herself calm. Let's remind ourselves of what she does when she feels anxious. She breathes deeply and quietly a few times. She remembers her happy place. She thinks about doing what she loves to do. When she uses these tricks, she feels calm and her anxiety starts to go away.

(Display and review this text with students)

## How To Handle Anxiety

Breathe Deep

This Feeling Will Pass

Think of Your Happy Place

Today we will draw ourselves in our happy place. Think of a place you love. You can think of an imaginary place, or a real one. Imagine as many details as you can. Think about this happy place. Tell someone nearby about this place.

Now, draw a picture that shows you in this happy place. Use your favorite colors and patterns to make your happy place colorful and full of details.



The image features a background of overlapping, semi-transparent blue circles in various shades, ranging from a deep navy blue to a bright sky blue. The circles are arranged in a way that they overlap each other, creating a layered effect. In the center of the image, the word "moshi" is written in a white, lowercase, rounded, and slightly irregular font. The letters are thick and have a soft, bubbly appearance. The overall composition is clean and modern, with a focus on the central text.

moshi