

# Lesson Overview

## 1) Kindness: Goldie and the Tree of Mindfulness

### **CASEL Standards:**

**SELF-AWARENESS:** The abilities to understand one's own emotions, thoughts, and values and how they influence behavior across contexts.

**RELATIONSHIP SKILLS:** The abilities to establish and maintain healthy and supportive relationships and to effectively navigate settings with diverse individuals and groups.

### **Academic Standards:**

Common Core English/Language Arts Standards:

CCSS.ELA-LITERACY.W.K.8

CCSS.ELA-LITERACY.W.1.8

With guidance and support from adults, recall information from experiences or gather information from provided sources to answer a question.

CCSS.ELA-LITERACY.W.2.8

Recall information from experiences or gather information from provided sources to answer a question.

Common Core English/Language Arts Standards:

CCSS.ELA-LITERACY.SL.3.2

CCSS.ELA-LITERACY.SL.4.2

CCSS.ELA-LITERACY.SL.5.2

Determine the main ideas and supporting details of a text read aloud or information presented in diverse media and formats, including visually, quantitatively, and orally.

### **Objective:**

Seek or offer support and help when needed.

Develop positive relationships.

### **Essential Questions:**

How can I show kindness to others?

Why is it important to be kind to others?

### **I Can:**

I can be supportive and kind to others.

I can develop positive relationships with others.



# Mindful Teaching Tips

Encourage and reinforce kindness in your classroom through the use of your language. When you notice students doing small acts of kindness, point them out in a way that is specific and about the behavior. For example, “I notice that you helped Sammy pick up all of the crayons that they dropped on the floor. By taking the time to help, the mess got picked up so much quicker”.

## Teaching Transcript

### Before You Listen

Practice clearing your mind before you listen.

Clearing your mind helps you focus and makes it easier to be mindful.

Take some deep, calming breaths and let your thoughts drift away.

When a thought comes to mind, imagine it as a shiny bubble, then watch it float away.

As Goldie climbs the tree, she learns about gratitude, kindness, empathy, and optimism.

This lesson focuses on kindness.

Share some ways that you are kind to others.

- How do people in your class at school show their kindness?
- How does your family show kindness to others?
- Think about kindness during today’s lesson.

English/Language Arts Extension:

As you listen to Goldie Hawn’s narration of Goldie and the Tree of Mindfulness, keep track of the rhymes you hear. This soundtrack is written in verse, like a poem or song. Make your list of rhymes as you listen, and compare it with a friend after the lesson.



## After You Listen

Sleepy Paws the Koala offers help to Goldie on her journey to find the Tree of Mindfulness.

- How does Goldie feel when Sleepy Paws helps her?
- What are some ways you can offer help to others?
- Has someone helped you when you needed it?

The Lark teaches Goldie how important it is to share with others when she feeds someone else's chicks.

- How do you share with others?
- Why is sharing important?

## Home Time Activity

Make a collage or draw pictures of people being kind to one another. Include one of the messages about kindness that Goldie learned on her journey to find the Tree of Mindfulness, or make up your own.

## Weekly Theme Card

Try to be the rainbow in someone else's cloud.

Kindness leads to kindness.

When you are kind to others, it helps them to be kind.

Kindness is free so sprinkle it everywhere.

Looking out for others is a truly joyful thing.

