

# Lesson Overview

## 4) Gratitude: Goldie and the Tree of Mindfulness

### **CASEL Standards:**

**SOCIAL AWARENESS:** The abilities to understand the perspectives of and empathize with others, including those from diverse backgrounds, cultures, & contexts.

**RESPONSIBLE DECISION-MAKING:** The abilities to make caring and constructive choices about personal behaviour and social interactions across diverse situations.

### **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:**

Understand and express gratitude.

### **Essential Questions:**

How can I show my gratitude to others?

Why is it important to show gratitude to others?

### **I Can:**

I can show my gratitude to others.

I can support others by showing gratitude.



# Mindful Teaching Tips

If your class has completed SEL lessons before, you'll find lessons for your readiness levels. If you are completely new to teaching SEL skills, you'll find great resources just for you. Mindfulness with Moshi includes a series of introductory lessons to introduce everything from deep breathing to meditation to your students. You can find Moshi's full library of social-emotional learning materials, resources, lesson plans, and audio tracks at [www.moshikids.com](http://www.moshikids.com).

## Teaching Transcript

### Before You Listen

#### Practice Deep Breathing

Let's begin by practicing our deep breathing.

Relax your body and take a deep breath in through your nose and out through your mouth.

Make sure your breaths are slow and full.

Deep breathing helps you focus on mindfulness and let go of your stress.

Today you will meet Goldie, a sweet and kind Moshling.

She is a Mindful Moshling who we will join on her journey to the Tree of Mindfulness.

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

This lesson focuses on gratitude. Gratitude means being grateful and showing appreciation.

Make yourself cozy and comfy because Goldie's journey to the Tree of Mindfulness is about to begin.



## After You Listen

Nibbles the Squirrel helps Goldie when she needs it the most.  
She learns that friendships based on trust and kindness are the best kind.

- What are some important qualities of a friendship?
- Do you have a friendship based on gratitude and kindness? Describe it.

Giselle the Sloth teaches Goldie about the Branch of Laughter and the importance of enjoying yourself.

Laughter can be contagious.

When one person laughs, sometimes others can't help but to laugh, too.

- Have you ever experienced this?

## Home Time Activity

Write a rhyming poem or free verse about Goldie's Tree of Mindfulness using some of the rhymes you heard, and add in some creative ones of your own. Include descriptive details about the Tree of Mindfulness, Goldie's journey, and the lessons she learned along the way.

## Weekly Theme Card

Good friends help each other and offer guidance.

Remember the Branch of Laughter, and that those who pass it will be happy everafter.

A good laugh is just like sunshine you can share with a friend.

Laughter makes the world go around just like a carousel.

Laughter can make you feel better when you are down or upset.

