

4) Gratitude: Goldie and the Tree of Mindfulness





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, & 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.



Gratitude: Goldie and the Tree of Mindfulness

Now we will listen to a story called 'Gratitude: Goldie and the Tree of Mindfulness'. This is Goldie! Click on the picture to begin listening:



http://moshisleep.com/play/Goldie_Lesson_4

This series of lessons focuses on specific segments of the Moshi audio track, Goldie and the Tree of Mindfulness. The time stamps you'll need for each segment are included at the beginning of the lesson plan.

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?





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