

# Lesson Overview

## 5) Happiness: 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.

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

**RESPONSIBLE DECISION-MAKING:** The abilities to make caring and constructive choices about personal behavior and social interactions across diverse situations. This includes the capacity to consider ethical standards and safety concerns, and to evaluate the benefits and consequences of various actions for personal, social, and collective well-being.

### **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:**

Show concern for the feelings of others.

Develop positive relationships.

Promote personal, family, and community well-being.



### Essential Questions:

How do I show concern for the feelings of others?

How can I use laughter to develop and strengthen my relationships?

What can I do to help others in my class, family, and community to feel happiness?

### I Can:

I can use laughter and happiness to show concern for the feelings of others.

I can use happiness and laughter to strengthen my relationships and friendships.

I can use my mindfulness skills of happiness and laughter to help others in my class, family, and community.

## Mindful Teaching Tips

Adding soothing sounds to your learning environment can help students relax or calm down after activities or transitions. You can find hundreds of audio tracks on the Moshi App appropriate to play as ambient or background music in your classroom. Try Fabulous 80s Fantasy, Anxiety Shrinking Ambience, or Jessie's Highland Pipes for some unique music tracks to help you concentrate and relax. The track, Sweet Moshi Jazz, is great for rest time and cooling down after activities. Check out the Sounds tracks like Breezy Bamboo or Windchimes of Wingledweed Woods for some wonderful sounds to play during quiet seat work, or even to chill you out on your planning period.

## Teaching Transcript

### Before You Listen

Goldie finds out that laughter is a wonderful way to feel better.

- When was the last time you laughed with a friend about something positive?
- How did you feel when you were laughing together?
- Have you ever made someone laugh to cheer them up? Did it work?
- How did you feel when you helped someone else?



## After You Listen

Goldie meets Giselle the Sloth on The Branch of Laughter. She learns that a good laugh is just like sunshine you can share. Laughter makes the world go around, just like a carousel.

Goldie smells wonderful scents from the Tree of Mindfulness. What scents make you happy? Are there any scents that help you feel relaxed and sleepy? How do you feel when you smell a flower or a fresh leaf on a tree?

Think about how you felt when you took a breath of fresh air. Take some slow, deep breaths and feel yourself relax.

## Home Time Activity

The next time someone you know is feeling down, think about how you can help lift their mood by helping them to laugh. It may help them to feel better, and you may end up feeling awesome yourself! Write or draw a Happiness reminder about how you helped someone with your mindfulness skill of happiness.

## Weekly Theme Card

Laughter makes the world go around, just like a carousel.

It's wonderful to have so much fun that you can't wipe off your grin.

A good laugh is just like sunshine we can share.

Seeing someone else laugh can make you happy, too.

When you help someone else to feel better through laughter, you spread joy and help yourself to feel good, too.

Feeling content means you are happy and comfortable with everything around you.

Find the scents you like and enjoy the smell to help you relax.

