

5) Happiness: 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.

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.



Happiness: Goldie and the Tree of Mindfulness

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



http://moshisleep.com/play/Goldie_Lesson_5

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

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.



The background consists of several overlapping circles in various shades of blue, ranging from a deep navy blue to a bright cyan. The circles are semi-transparent, creating a layered effect. In the center of the composition, the word "moshi" is written in a white, rounded, lowercase sans-serif font. The letters are thick and have a friendly, approachable feel. The word is positioned horizontally and is the central focus of the image.

moshi