

Lesson Overview

6) The Tree of Mindfulness Project

CASEL Standards:

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

SELF-MANAGEMENT: The abilities to manage one's emotions, thoughts, and behaviours effectively in different situations and to achieve goals and aspirations.

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.

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:

Apply the skills learned from Goldie's Tree of Mindfulness to personal situations.

Essential Questions:

How can I show kindness, optimism, empathy, gratitude, and happiness to others?

I Can:

I can use my mindfulness techniques I learned about kindness, optimism, empathy, gratitude, and happiness to manage my emotions, strengthen my relationships, and make responsible choices.

Mindful Teaching Tips

The Moshi team would love to see your Trees! After students have drawn and written in their own Tree of Mindfulness, consider crafting your own bulletin board or wall with your class tree. Send your images to schools@moshikids.com

Teaching Transcript

This lesson will help review all the mindfulness skills Goldie learned during her journey up the Tree of Mindfulness. You will be able to create your own Tree of Mindfulness where you can write or draw about what you have learned.

You can listen to the track again to remind you of your mindfulness skills: kindness, optimism, empathy, gratitude, happiness, and laughter. Using the printable Tree of Mindfulness, write or draw about experiences you have had or lessons you've learned about each of the branches.

Share your tree with classmates and family members.

Explain to them how you show the mindfulness skills that Goldie learned about on each branch of the Tree of Mindfulness.



Home Time Activity

Create a Mindful Family Tree

Use the printable Tree of Mindfulness to create a family-focused tree where members can add ways to show each other the mindful skills on each branch.

If you could add your own branch to the Tree of Mindfulness, what would it be? Why do you think this branch is important? How can people use this mindful skill?

Weekly Theme Card

The Branches of the Tree of Mindfulness

Kindness is a superpower we should all be sharing.

Empathy is more than caring; it means we think of how others feel.

Laughter is like a tonic; it can help you feel better when you are down.

Optimism and being positive helps us be more loving, true, and kind.

Happiness is a gift you can share with others, and it will help you feel better, too.



