

6) The Tree of Mindfulness Project





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:

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 behaviors 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.

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.



The background features a blue gradient from dark to light, overlaid with several semi-transparent, overlapping circles in various shades of blue. The word "moshi" is centered in a white, rounded, lowercase font.

moshi