

# Lesson Overview

## Day Three of Moshi Mindfulness

### Inner Smileyness

#### **CASEL Standards:**

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

**RESPONSIBLE DECISION-MAKING:** The ability to make caring and constructive choices about personal behavior and social interactions across diverse situations.

#### **Academic Standards:**

National Curriculum in England - English Programmes of Study:

Spoken Language – Statutory Requirements:

Pupils will use spoken language to develop understanding through imagining and exploring ideas.

Pupils will listen and respond appropriately to adults.

Pupils will give well-structured descriptions for different purposes, including for expressing feelings.

Reading Comprehension – Statutory Requirements:

Pupils will also develop pleasure in reading, motivation to read, vocabulary and understanding by listening to and expressing views about a story at a level beyond that at which they can read independently.

Writing – Statutory Requirements:

Pupils will compose their sentences orally before writing them down.

#### **Objective:**

Manage emotions such as stress and anxiety using mindfulness techniques.

#### **Curriculum:**

This lesson is part of a well-designed curriculum that builds SEL skills sequentially. Students will continue to improve their self-management and self-awareness as well as other SEL skills in other short, high-quality lessons. During these lessons in which pupils are active participants, pupils will explicitly be taught why these improved SEL skills are so valuable.

#### **Essential Questions:**

What can I do to calm myself down when I am upset or stressed?

#### **I Can:**

I can use mindfulness to calm myself down.



# Mindful Teaching Tips

## Invite Into Mindfulness

When students are learning to use mindfulness or engaging in meditation or relaxation exercises, the way in which we invite them to participate can make a difference. Some classroom activities require direct instruction, such as “write this down” or “add these numbers” but mindful instruction, a new experience for many learners, can feel new and strange at first. Inviting students with a passive voice, “Let’s take a deep breath” or “I invite you to take a breath” can make students feel more comfortable in a new type of learning situation.

Unlike so many academic subjects, there are no right or wrong answers in mindfulness. Each person has a unique experience within their unique mind. Remembering that this mental exploration can feel intimidating and using inviting, welcoming language in your instruction, both mindfulness and academic, can make students feel willing to try something new!

## Teaching Transcript

Today we will work on calming our minds and focusing on the here and now. Moshlings think of this time as a relaxing holiday. We will work on finding inner peace, or what the Moshlings call “Inner Smileyness.”

### What have we learned about mindfulness?

We breathe deeply.

We let our thoughts float away like a bubble floating on a stream.

We feel our bodies relaxing as we breathe slowly.

We can do it each day to find a peaceful feeling.

That is what we will work on today with the Moshlings – finding Inner Smileyness!

### Get Ready to Listen

Wiggle then stretch. Sit up straight and take quiet deep breaths.

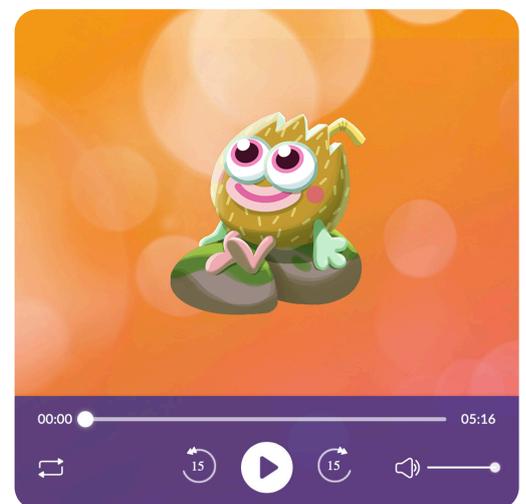
### After You Listen

What does your Inner Smileyness feel like?

Draw a picture or write about it now.

When do you think you will need to remember your inner peace? When would it be helpful to calm yourself down?

How do you feel now that you have practiced more mindfulness?



# Home Time Activity

Create art that makes you smile! Today during our mindfulness lessons with the Moshlings, we talked about feeling peaceful, or feeling our “Inner Smileyness” while we practiced meditation. Now, take time to draw or write about our own “Inner Smileyness” in a piece of artwork. You can draw, sketch, paint, build, or write about your own inner peace.

You can write a poem or a short story about how you feel when you are mindful. Use your favourite shapes and colors as you draw!

## Weekly Theme Card

Breathe deeply to relax

Think of your Inner Smileyness

What does it feel like?

What do you see in your mind?

Feel your body relaxing as you breathe.

All your happy thoughts make you feel peaceful.

**This is your Inner Smileyness!**

