

Mindfulness in the Classroom

Gratitude with Blossom





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.

Academic Standards:

CCSS.ELA-LITERACY.W.K.8

CCSS.ELA-LITERACY.W.1.8

CCSS.ELA-LITERACY.W.2.8

With guidance and support from adults, recall information from experiences or gather information from provided sources to answer a question.

Objective:

Identifying and managing one's emotions.

Essential Questions:

How can I calm myself down?

I Can:

I can manage my emotions by thinking about who I am grateful for.

This lesson plan includes:

Classroom Slide Presentation and Teaching Script

Home Time Activity

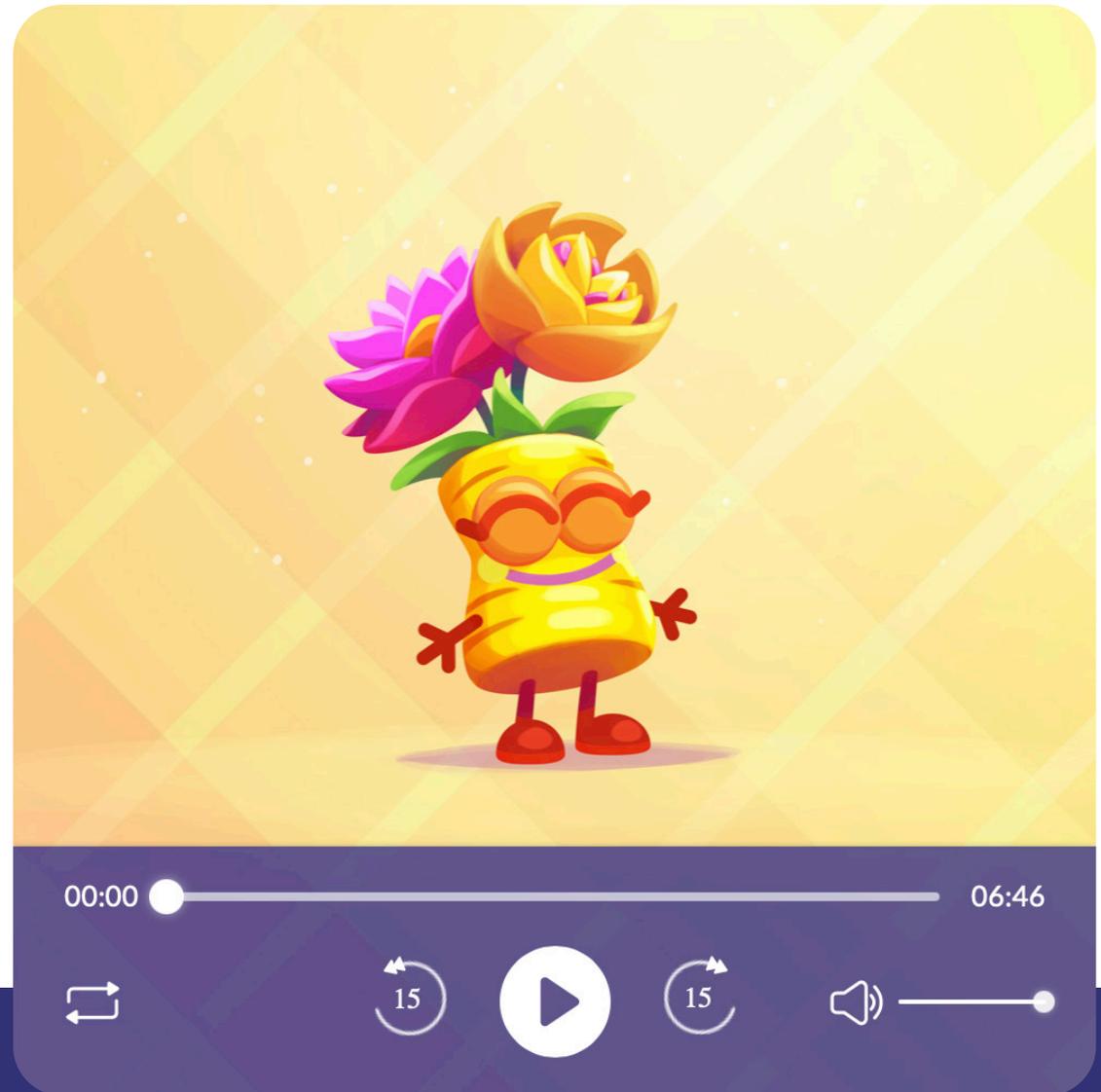
Weekly Theme Card

Mindful Teaching Tips



Gratitude with Blossom

Now we will listen to a Moshi Moment called 'Gratitude with Blossom'. This is Blossom! Click on the picture to begin listening:



https://app.moshikids.com/schools/play/Gratitude_with_Blossom?categoryId=moments

What is gratitude?

Gratitude is being thankful and showing it. Today you will learn how Blossom the Blooming Wonder shows her gratitude. Blossom thinks about what she is grateful for and that helps her relax.

What or who are you thankful for?

Giving to Others

Blossom gives thanks to others and sometimes gives them a gift. What have you given to others? What could you do to help someone else today? How do you feel when you think about what you are thankful for?

Time to Listen

Get ready...
Get calm...
Breathe deep...

Let's listen to a kind and generous Moshling named Blossom in Gratitude with Blossom!

After You Listen

How do you feel now that you have listened to Gratitude with Blossom?



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