

# Lesson Overview

## Gratitude with Blossom

### **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.



# Teaching Transcript

## 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...

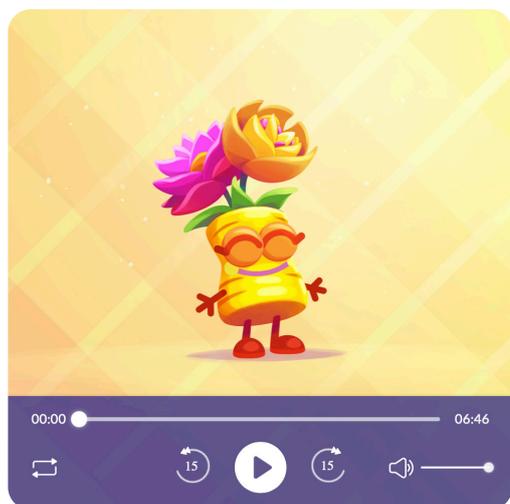
Get calm...

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?



# Mindfulness in the Classroom

## Gratitude with Blossom

Dear Families,

Our class is using Moshi's Mindfulness in the Classroom Series to learn about breathing techniques to calm ourselves. Try this activity at home and your child can help you learn an easy and fun relaxation tool to help manage stress and achieve calm.

In Darwin the Dithering Dodo, your child can learn about how to be more assertive with a Moshi Story that you can share with your child or they can listen to on their own at bedtime!

## Home Time Activity

### Thank You Cards

Is there someone in your life who could use a thank you card? What did they do that was so awesome? Design your own Thank You Card below! Make a card and send it or give it to someone special.



# Weekly Theme Card

Get comfortable. Breathe deeply. Remember your Gratitude:

Who and what are you thankful for today?

Focus on how you feel when you give thanks for others.

Imagine your Thank You card and all that you are grateful for.

What or who are you thankful for?

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?

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

