

# Lesson Overview

## Inner Peace with Pablo

### **CASEL Standards:**

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

Linking feelings, values, and thoughts.

### **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 and find inner peace?

### **I Can:**

I can use mindfulness to manage my emotions.

## Mindful Teaching Tips

### **Create a Peaceful Classroom**

Even if your classroom is virtual, you can create calm in your students. As students are working quietly, you can play peaceful sounds, such as those in the Moshi App, as a motivator during focused work times.

If you are in the classroom, work on alternative lighting other than bright overhead lights. Just like at your home, make the teaching space, even if virtual, a calm place to work.

Explain to your students that these things help YOU focus as their teacher, and that's important too!



# Teaching Transcript

Today you will learn about Pablo and how he loves to paint. What do you like to paint or draw?

In this story, Pablo is in a beautiful place. What is a beautiful place outside you like to be?

Pablo imagines a meadow. A meadow is a field where grass grows and insects and small animals live.

Today you will sit up like a tall tree. Sit or stand and make yourself tall like a tree in your own space. Stretch and feel yourself standing or sitting straight.

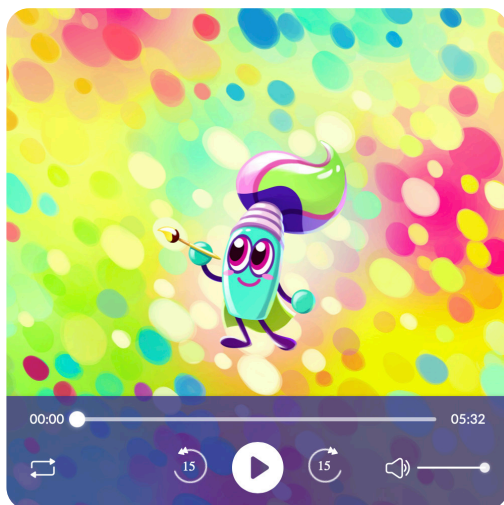
What does it feel like to stand or sit up straight?

## Get Ready to Listen

Get comfy...Sit straight and tall...Get ready to imagine with Pablo the Plush Brush!

## After You Listen

How did you feel after you heard Pablo's story?  
What did Pablo's meadow look like in your mind?  
Write about it or draw it now.



# Mindfulness in the Classroom

## Inner Peace with Pablo

Dear Families,

Today our class imagined a beautiful outside place in our Mindfulness with Moshi Series. We heard Inner Peace with Pablo, a story about Pablo, a rainbow-colored paintbrush who imagines peaceful places he likes to paint when he wants to calm down.

Take a walk outside together to a natural area if you are able. Take in the sights and sounds and help your child notice details about the scene. Invite them to write or draw about their outside place. Next time they want to relax like Pablo, they can remember the calming details of their beautiful outdoors scene.

### My Beautiful Place



# Weekly Theme Card

1. Get comfortable and imagine your back is a tall tree.

2. Breathe in deeply through your nose and out through your mouth.

3. Imagine a peaceful meadow in your mind.

4. Feel your Inner Smileyness!

5. See if you can feel your Inner Smileyness all day.

6. Imagine your OWN Beautiful Place!

