

# Responsible Decision Making Unit Lesson 1:

## **Making Friends with Flumpy**





### 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:**

Responsible Decision-Making - the ability to make caring and constructive choices about personal behavior and social interactions across diverse situations.

**Academic Standards:**

Pre-Kindergarten School Readiness Goals:

Students will focus on the following general early education and pre-kindergarten instruction and school readiness focus areas:

Communication with others.

Identifying emotions.

Using images and language to communicate emotions.

**Objective:**

Listen, talk, and share with others to be a good friend.

**Essential Questions:**

How can I be a good friend to others?

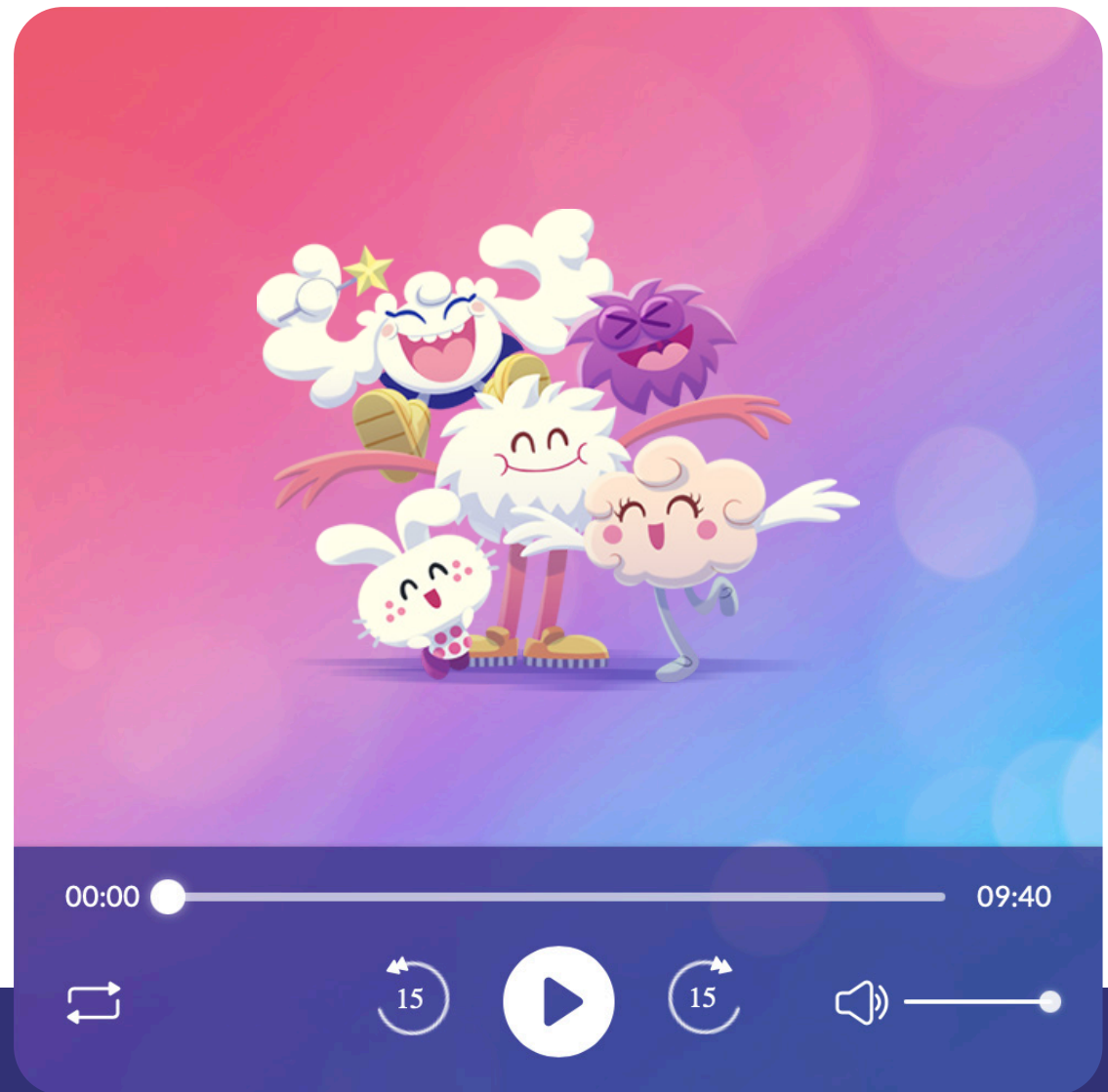
**I Can:**

I can be a good friend to others by listening, talking, and sharing.



## Responsible Decision Making Unit Lesson 1: Making Friends with Frumpy

Now we will listen to a story called Making Friends with Flumpy. This is Flumpy! Click on the picture to begin listening:



[https://app.moshikids.com/schools/play/Making\\_Friends\\_with\\_Flumpy?categoryId=stories](https://app.moshikids.com/schools/play/Making_Friends_with_Flumpy?categoryId=stories)

## Before You Listen

Flumpy is a Moshling who loves to make friends. He knows how to be a good friend, and today he will show us how.

Flumpy loves spending time with his friends.

What do you like to do with your friends? Tell someone nearby what you like to do.

Let your body be still. This is what Flumpy does when he wants to be calm and listen. Let's listen to his story.

Play the audio track 1:03 to 7:25

## After You Listen

How can we get along with our friends like Flumpy does?

(Make a list of ways to be a good friend, guiding students to these answers, in addition to their own:)

You can be a good friend by listening, talking, and sharing.

Flumpy makes friends by:

Listening  
Talking  
Sharing

Now, we will practice being a good friend to others.



## Find A Friend

This activity is designed for an open space, including outside, and can be completed at a safe social distance.

During this activity, students can practice finding a friend and having a conversation.

Invite students to stand in an open area and respond to the following statements.

Find a friend and tell them about your favorite fruit or vegetable.

Find a different friend and tell them about your favorite color.

Find a different friend and tell them about one of your favorite places.

Find a different friend and tell them about something you can do well.

Educator Choice: You can invite students to share what they learned about a new or old friend as a post-activity reflection.



The word "moshi" is written in a white, rounded, lowercase sans-serif font. The letters are thick and have a friendly, approachable feel. The 'm' has a slightly curved top, and the 'i' has a small dot. The text is centered horizontally and vertically against a background of overlapping, semi-transparent blue circles in various shades, creating a layered, organic effect.

moshi