

1) Kindness: Goldie and the Tree of Mindfulness





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.

RELATIONSHIP SKILLS: The abilities to establish and maintain healthy and supportive relationships and to effectively navigate settings with diverse individuals and groups.

Academic Standards:

Common Core English/Language Arts Standards:

CCSS.ELA-LITERACY.W.K.8

CCSS.ELA-LITERACY.W.1.8

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

CCSS.ELA-LITERACY.W.2.8

Recall information from experiences or gather information from provided sources to answer a question.

Common Core English/Language Arts Standards:

CCSS.ELA-LITERACY.SL.3.2

CCSS.ELA-LITERACY.SL.4.2

CCSS.ELA-LITERACY.SL.5.2

Determine the main ideas and supporting details of a text read aloud or information presented in diverse media and formats, including visually, quantitatively, and orally.



Objective:

Seek or offer support and help when needed.
Develop positive relationships.

Essential Questions:

How can I show kindness to others?
Why is it important to be kind to others?

I Can:

I can be supportive and kind to others.
I can develop positive relationships with others.



Kindness: Goldie and the Tree of Mindfulness

Now we will listen to a story called 'Kindness: Goldie and the Tree of Mindfulness'. This is Goldie! Click on the picture to begin listening:



http://moshisleep.com/play/Goldie_Lesson_1

This series of lessons focuses on specific segments of the Moshi audio track, Goldie and the Tree of Mindfulness. The time stamps you'll need for each segment are included at the beginning of the lesson plan.

Before You Listen

Practice clearing your mind before you listen.

Clearing your mind helps you focus and makes it easier to be mindful. Take some deep, calming breaths and let your thoughts drift away. When a thought comes to mind, imagine it as a shiny bubble, then watch it float away.

As Goldie climbs the tree, she learns about gratitude, kindness, empathy, and optimism.

This lesson focuses on kindness.

Share some ways that you are kind to others.

- How do people in your class at school show their kindness?
- How does your family show kindness to others?

Think about kindness during today's lesson.

English/Language Arts Extension:

As you listen to Goldie Hawn's narration of Goldie and the Tree of Mindfulness, keep track of the rhymes you hear. This soundtrack is written in verse, like a poem or song. Make your list of rhymes as you listen, and compare it with a friend after the lesson.



After You Listen

Sleepy Paws the Koala offers help to Goldie on her journey to find the Tree of Mindfulness.

- How does Goldie feel when Sleepy Paws helps her?
- What are some ways you can offer help to others?
- Has someone helped you when you needed it?

The Lark teaches Goldie how important it is to share with others when she feeds someone else's chicks.

- How do you share with others?
- Why is sharing important?



The background consists of several overlapping circles in various shades of blue and purple, creating a layered, abstract effect. The colors range from a deep indigo to a bright, vibrant blue.

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