



Goldie and the Tree of Mindfulness

SEL Lessons for PreK - 5



Welcome to Goldie and the Tree of Mindfulness.

This short, step-by-step program teaches kids about kindness, optimism, empathy, gratitude, and happiness.

SEL Competencies & Objectives

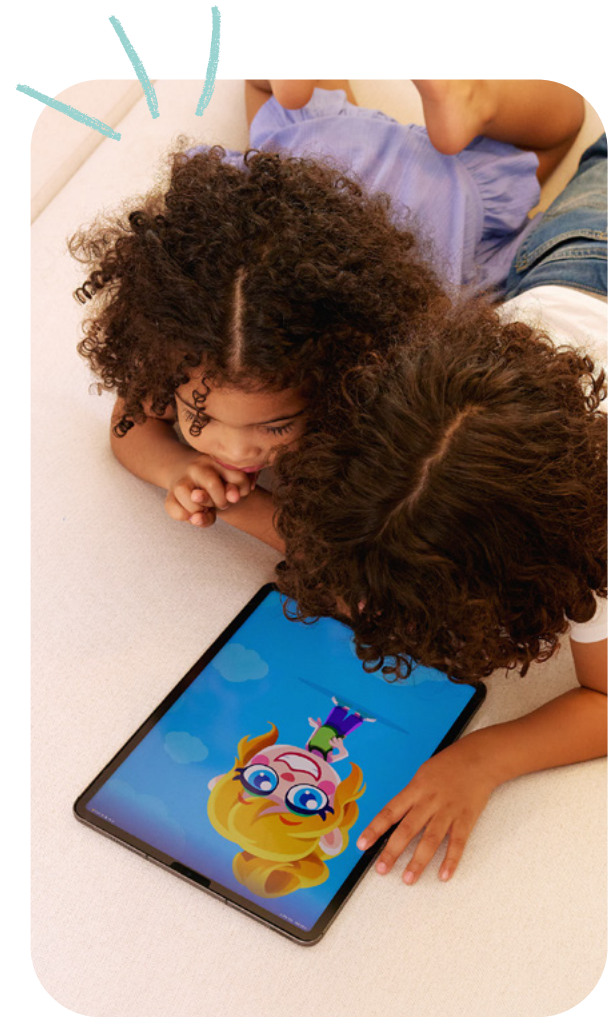
Self-Management - Use techniques such as meditation, deep breathing, positive self-talk, and visualization to focus attention, regulate emotions, and ease away stress.

Self-Awareness - Recognize emotions—including stress and anxiety, happiness and joy, and anger and sadness—and learn how to identify them and apply them to situations.

Social Awareness - Maintain a positive outlook, show concern for the feelings of others, and develop positive relationships. Reflect on one's role in actively promoting personal, family, and community well-being.

Responsible Decision-Making - Make decisions about personal behavior and interactions with peers that are safe, respectful, and in alignment with the classroom norms.

Relationship Skills - Establish and maintain caring relationships with others by sharing, being kind, and showing empathy and compassion for others' feelings. Seek and offer support and help when needed.





**1. Kindness:
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1. Kindness



1 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.

Today you will meet Goldie, a sweet and kind Moshling.

She is a Mindful Moshling who we will join on her journey to the Tree of Mindfulness.

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.



2 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?

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.

2. Optimism



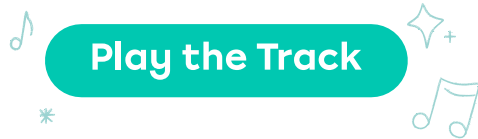
1 Before You Listen

As Goldie climbs the Tree of Mindfulness she learns about kindness, optimism, empathy, gratitude, and happiness.

This lesson focuses on optimism, or having a positive attitude.

Think about the last time you were around someone with a positive attitude.

- How could you tell they had a positive outlook?
- What did it feel like to be around a person with a positive attitude?



2 After You Listen

Nodkins the Bunny taught Goldie about optimism and being positive.

- How can you help others be positive?

Think about a time when you helped cheer someone up or lift their mood.

- How did it feel to help someone by being optimistic?
- Are you an optimist, or a person who looks on the bright side?



3. Empathy



1 Before You Listen

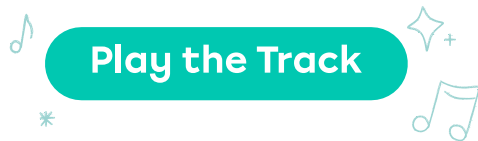
As Goldie climbs the Tree of Mindfulness she learns about kindness, optimism, empathy, gratitude, and happiness.

This lesson focuses on empathy, or putting yourself in someone else's position.

When you think about how someone else feels, that's empathy.

Think about a time when you felt empathetic towards someone.

- What was the experience like?



2 After You Listen

Professor Feathersnooze teaches Goldie about empathy.

She learns about valuing others' views and showing compassion.

Can you think of a time when you showed empathy to someone by considering their feelings?

- How did it feel to be empathetic?
- Has someone shown you empathy?



4. Gratitude



1 Before You Listen

Practice Deep Breathing

Let's begin by practicing our deep breathing.

Relax your body and take a deep breath in through your nose and out through your mouth. Make sure your breaths are slow and full.

Deep breathing helps you focus on mindfulness and let go of your stress.

As Goldie climbs the tree, she learns about gratitude, kindness, empathy, and optimism. This lesson focuses on gratitude. Gratitude means being grateful and showing appreciation.

Make yourself cozy and comfy because Goldie's journey to the Tree of Mindfulness is about to begin.



2 After You Listen

Nibbles the Squirrel helps Goldie when she needs it the most. She learns that friendships based on trust and kindness are the best kind.

- What are some important qualities of a friendship?
- Do you have a friendship based on gratitude and kindness?

Describe it.

Giselle the Sloth teaches Goldie about the Branch of Laughter and the importance of enjoying yourself.

Laughter can be contagious.

When one person laughs, sometimes others can't help but to laugh, too.

- Have you ever experienced this?



5. Happiness



1 Before You Listen

Goldie finds out that laughter is a wonderful way to feel better.

- When was the last time you laughed with a friend about something positive?
- How did you feel when you were laughing together?
- Have you ever made someone laugh to cheer them up?

Did it work?

- How did you feel when you helped someone else?



2 After You Listen

Goldie meets Giselle the Sloth on The Branch of Laughter. She learns that a good laugh is just like sunshine you can share. Laughter makes the world go around, just like a carousel.

Goldie smells wonderful scents from the Tree of Mindfulness. What scents make you happy? Are there any scents that help you feel relaxed and sleepy? How do you feel when you smell a flower or a fresh leaf on a tree?

Think about how you felt when you took a breath of fresh air. Take some slow, deep breaths and feel yourself relax.



Home Connection:

The Tree of Mindfulness Project

1 Read about the work our class is doing.



Read Article

Our class completed a short, step-by-step program that helps kids learn about kindness, optimism, empathy, gratitude, and happiness to manage their emotions, strengthen their relationships, and make responsible choices. Each of the five days walks kids through the mindfulness skills Goldie learned during her journey up the Tree of Mindfulness.

Using the printable Tree of Mindfulness, your child can write or draw about experiences they have had or lessons they've learned about each of the branches, or you can create a family-focused tree where members can add ways to show each other the mindful skills on each branch.

2 Questions to ask your child

- If you could add your own branch to the Tree of Mindfulness, what would it be?
- Why do you think this branch is important?
- How can people use this mindful skill?

Home Connection: The Tree of Mindfulness Project

3 The Branches of the Tree of Mindfulness

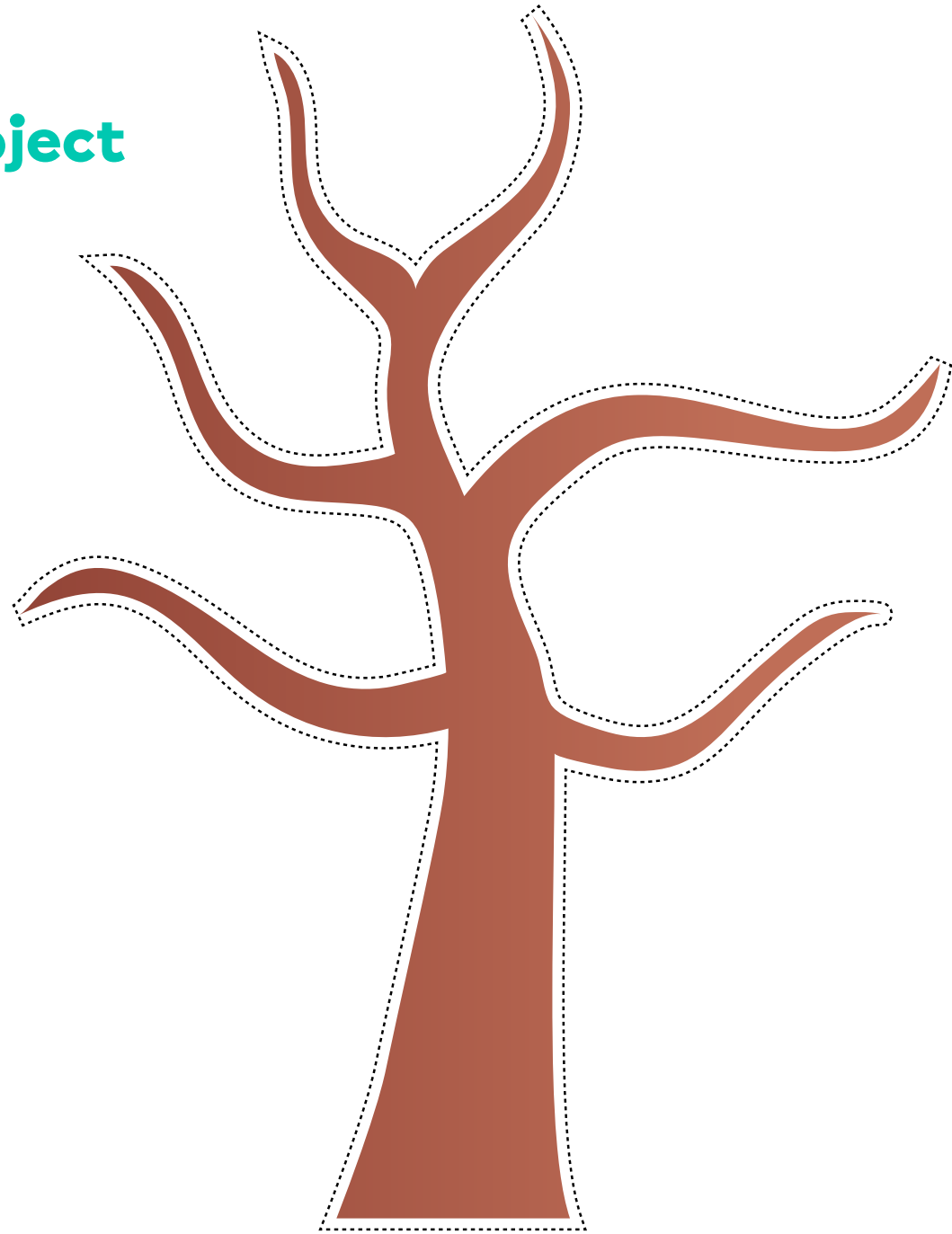
Kindness is a superpower we should all be sharing.

Empathy is more than caring; it means we think of how others feel.

Laughter is like a tonic; it can help you feel better when you are down.

Optimism and being positive helps us be more loving, true, and kind.

Happiness is a gift you can share with others, and it will help you feel better, too.



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