Lesson Overview
Blinki's Happy Moments

CASEL Standards:
SELF-AWARENESS: The abilities to understand one's own emotions, thoughts, and values and how they influence behavior across contexts. This includes capacities to recognize one's strengths and limitations with a well grounded sense of confidence and purpose.

Academic Standards:
CCSS.ELA-LITERACY.W.K.2
Use a combination of drawing, dictating, and writing to compose informative/explanatory texts in which they name what they are writing about and supply some information about the topic.
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.

Objective:
Use self-awareness tools such as meditation, visualization, and deep breathing to manage emotions.

Essential Questions:
How can I manage my emotions with mindfulness?

I Can:
I can use mindfulness techniques to manage my emotions.

Mindful Teaching Tips

Soothing Moshi Sounds

Listen to Moshi's selection of Beautiful Bedtime Sounds. You can listen to these lovely sounds during your own down time at home, or during a stressful day, turn your planning period into a calming meditation session with Moshi Sounds and some aromatherapy.

Just don't listen to these tracks when you need to feel focused and alert - they are seriously soothing!

Teaching Transcript

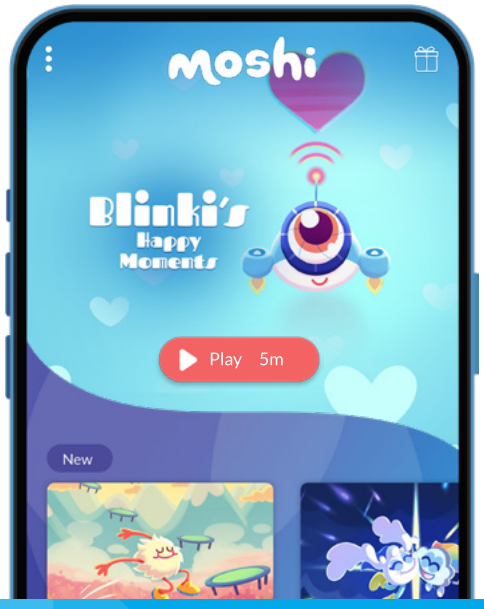
Before You Listen

Blinki will invite us to breathe deeply and think about how our breath feels. Take a big deep breath then exhale. Take a quiet slow breath. How does it feel to take deep, slow breaths? Blinki has a magic projector and this projector shows a picture, like a movie where Blinki remembers happy moments in his life. What are some happy moments in your life? Did you do something nice for someone? Did they help you out? How do you feel when you remember happy moments?

Blinki talks about love and kindness. Who are some people you love? Who are some people that love YOU?

After You Listen

Take a slow stretch and think about how you feel now that you had a relaxing Moshi Moment with Blinki and his happy thoughts.



Home Time Activity

Draw a picture or write about what you thought about during Blinki's story.
What were your happy thoughts? Write or draw about what made you smile. When you are finished, share with someone in your family. Complete the sentences below about your happy thoughts!

I am so happy when I:

_____

I love to spend time with:

_____

One of my favorite places to go is:

_____

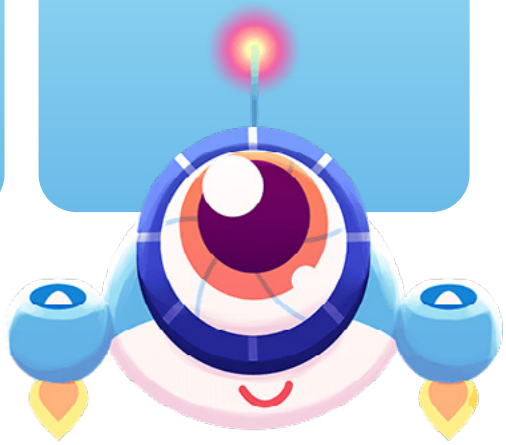
When I think about these people and places, I feel:

_____

Weekly Theme Card

Take Deep Breaths.

Think about how your body feels when you breathe deeply.

Remember your Happy Thoughts - the people, places, and activities that make you feel wonderful!

Breathe slowly and enjoy feeling calm.