Lesson Overview
Day Six of Moshi Mindfulness
Calming Counting

CASEL Standards:
RESPONSIBLE DECISION-MAKING: The abilities to make caring and constructive choices about personal behavior and social interactions across diverse situations.
Identifying solutions for personal and social problems.

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.

Objective:
Use mindfulness to manage emotions.

Essential Questions:
What can I do to calm myself down?

I Can:
I can use mindfulness and counting to calm myself down.

Mindful Teaching Tips

Boredom Is Beneficial

Have you found yourself bored at home on the weekend? That's not a bad mental state to be in! When you are bored, you have likely removed the stimulating and rewarding aspects of your existence, at least for a short while. You may have put down the smartphone, turned off the TV, just finished the book you're reading, or have a few minutes to yourself. While it's natural to feel like we must be doing something all the time, don't give into that urge so quickly!

When you are bored, you lack those stimulating and rewarding activities. Go with it. Let your dopamine levels even out. When you go back to your required and rote tasks, your brain may find reward in even that activity. While it sounds crazy, set a few precious minutes aside over the weekend to let yourself get bored, or at least disengage from technology or other activity. You may find that Monday's tasks feel slightly less arduous because of your weekend dopamine-cleansing boredom session.

Teaching Transcript

Moshi Mindfulness takes practice. It can be hard to focus on what is happening. Let your thoughts pass by like a little boat on a stream. We will work on deep breathing. First breathe in through your nose. Now out through your mouth. Practice this a few times. In through your nose, out through your mouth. Remember how the Moshlings breathe in like they are smelling a flower, and out like they are blowing out a candle on a birthday cake, or like blowing the seeds of a dandelion, or the feather of a bird.

We will work on focusing today by counting. You know how to count. Today we will count our breaths. One breath means breathing in and then out. That is one breath. You can count fast, but today we will count slowly. Let's practice counting our slow, deep breaths. If you lose count, just start back at one.

After you have breathed slowly and counted your breaths with today's Moshi meditation, how do you feel?

What did it feel like to breathe deeply and slowly?

How many breaths did you count?

If your friend was upset or worried, could breathing and counting help them? When could breathing and counting help you to calm down?

Home Time Activity

If you have the Moshi App, listen to it before bed to soothe your child to sleep and hear the playful Moshlings.

Weekly Theme Card

Moshi Mindful Magic

Practice being still.	Practice being quiet.	Get comfortable and breathe.
Use your imagination to find your Inner Smileyness.	Who are you thankful for?	Remember your gratitude.
Count your slow, deep breaths.	Feel yourself getting calm like the Moshlings!	Enjoy this feeling!

Make time for mindfulness each day!