Lesson Overview
Day Three of Moshi Mindfulness
Inner Smileyness

CASEL Standards:
SELF-MANAGEMENT: The abilities to manage one's emotions, thoughts, and behaviors effectively in different situations and to achieve goals and aspirations.
RESPONSIBLE DECISION-MAKING: The ability to make caring and constructive choices about personal behavior and social interactions across diverse situations.

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:
Manage emotions such as stress and anxiety using mindfulness techniques.

Essential Questions:
What can I do to calm myself down when I am upset or stressed?

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

Mindful Teaching Tips

Invite Into Mindfulness

When students are learning to use mindfulness or engaging in meditation or relaxation exercises, the way in which we invite them to participate can make a difference. Some classroom activities require direct instruction, such as "write this down" or "add these numbers" but mindful instruction, a new experience for many learners, can feel new and strange at first. Inviting students with a passive voice, "Let's take a deep breath" or "I invite you to take a breath" can make students feel more comfortable in a new type of learning situation.

Unlike so many academic subjects, there are no right or wrong answers in mindfulness. Each person has a unique experience within their unique mind. Remembering that this mental exploration can feel intimidating and using inviting, welcoming language in your instruction, both mindfulness and academic, can make students feel willing to try something new!

Teaching Transcript

Today we will work on calming our minds and focusing on the here and now. Moshlings think of this time as a relaxing vacation. We will work on finding inner peace, or what the Moshlings call "Inner Smileyness."

What have we learned about mindfulness?

We breathe deeply.
We let our thoughts float away like a bubble floating on a stream.
We feel our bodies relaxing as we breathe slowly.
We can do it each day to find a peaceful feeling.

That is what we will work on today with the Moshlings – finding Inner Smileyness!

Get Ready to Listen

Wiggle then stretch. Sit up straight and take quiet deep breaths.

After You Listen

What does your Inner Smileyness feel like?
Draw a picture or write about it now.
When do you think you will need to remember your inner peace?
When would it be helpful to calm yourself down?
How do you feel now that you have practiced more mindfulness?

Home Time Activity

Create art that makes you smile! Today during our mindfulness lessons with the Moshlings, we talked about feeling peaceful, or feeling our "Inner Smileyness" while we practiced meditation. Now, take time to draw or write about our own "Inner Smileyness" in a piece of artwork. You can draw, sketch, paint, build, or write about your own inner peace.

You can write a poem or a short story about how you feel when you are mindful.
Use your favorite shapes and colors as you draw!

Weekly Theme Card

Breathe deeply to relax	Think of your Inner Smileyness	What does it feel like?
What do you see in your mind?	Feel your body relaxing as you breathe.	All your happy thoughts make you feel peaceful.

This is your Inner Smileyness!

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