

# Moozie and Center for BrainHealth Prompts and Mini-Lessons

## **Overall Objectives**

- Create baseline pre- and post-information/data from participating parents concerning their knowledge and attitudes about kindness and brain health.
- Build a group of mini-lessons in the four different areas of Moozie's kindness to: ourselves, each other, animals, and nature.
- Develop these easy-to-use mini-lessons directed at parents who will then facilitate the experience with their children.
- Create immediate, digital responses for mini-lessons. Apply extensive use of Moozie emojis that express different feelings and ideas.
- Build resources and experiences that demonstrate impact of kindness on brain health.

## **Mini-Lesson Format**

Mini-lessons are directed at parents, and based in everyday activities and experiences. The lesson format includes a three-part sequence:

1. Introduce learning concept to parents as a prompt.
2. Parent(s) facilitate and introduce learning experience and action to children for parent/child interaction.
3. Parent reflects upon activity/action through simple question/response.

## **Strategies**

- Repetition of learning concepts is key in learning and creating engagement and fun.
- Introduce a new content idea each week.
- At the end of the week, use a "checkup from the heart up" to obtain a reflection of each act.

## **Baseline/Opening Questions and Activities for Parents**

1. What does kindness mean to you?
2. Why is being kind important?
3. How can I model kindness in my everyday interactions with my child and others?

## Mini-Lessons in Four Units

### A. Kindness to Ourselves

#### Mini Lesson One- Good Morning Moozie!

1. Parent asks child: "How can we be kind to ourselves this morning? Let's ask Moozie!"
2. **Moozie Says:** "Let's wash our face and hands and brush our teeth and then say Good Morning Moozie! Moo!"  
**Action:** Child washes up, brush teeth and greet Moozie with a joyous "Moo."
3. Parents: My kids connected with the character of Moozie. (**Emoji reflection**)

#### Mini Lesson Two- Good Morning Me!

1. Parent tells child to start off day best by saying to themselves in front of a mirror: "Good morning me!"
2. **Moozie Says:** "Moo! Say good morning to yourself with kindness and a smile!"  
**Action:** Child responds with "Good morning me!"
3. Parents: My child enjoyed saying "Good morning me." (**Emoji reflection**)

#### Mini-Lesson Three- Moozie Munchies

1. Parent explains that Moozie likes to eat food that is good for her, like fruits and vegetables, and good food is kind to your body.  
**Moozie Says** "I love apples and carrots. They are yummy. Moo!"
2. **Moozie Says:** "What kind of food can you eat today that is kind to you?"  
**Action:** Child shares food ideas and from those ideas, they pick one food item to try to eat that day.
3. Parents: My child is interested in foods that are kind to them. (**Emoji response**)

#### Mini Lesson Four- Goodnight Moozie!

1. Parent asks child: "How were you kind to yourself today?"
2. **Moozie Says:** "I was kind to me by washing up, brushing my teeth, taking a walk and eating good things. What about you?"  
**Action:** Child lists/says how they were kind to themselves today, and then say "Goodnight Moozie!"
3. Parents: My child liked thinking and responding about how they were kind to themselves. (**Emoji response**)

#### Mini-Lesson Five- My Moozie Week!

1. Parent tells child that Moozie's "way" is to always choose kindness. How did we do this week in choosing kindness?  
**Moozie Says:** "How were we kind to ourselves this week?"
2. **Action:** Child draws a picture (or pictures) to demonstrate the different ways they were kind to themselves throughout the week.

- Parents: My child is more aware of how to be kind to themselves. (Emoji response)

### Unit Extensions:

### Unit Parent Tools:

Books:

- Read Stefan Page's *We're Going To The Farmer's Market*
- Read Karen Beaumont's *I Like Myself*

Phrases:

- "I think it's so amazing that you are so kind to yourself."

### Checkup From The Heart Up:

"My child understands what it means to treat themselves with kindness." (Likert Scale Response)

## B. Kindness to Each Other

### Mini Lesson One - Good Morning World!

- Parent asks child: "How can we be kind to each other this morning? Let's ask Moozie!"
- Moozie Says:** "Let's say good morning family and good morning neighbors. Good Morning Moozie! Moo!"  
**Action:** Child greets the family, neighbors and world with a kind greeting such as "Good Morning" or "I hope you have a great day!"
- Parents: My child kindly greeted everyone around them. (Emoji reflection)

### Mini Lesson Two - Moozie Smiles

- Parent tells child that: "A smile for another person is one of the best ways to be kind."
- Moozie Says:** "We can spread sunshine by just smiling upon our family, friends and neighbors. How many times can you smile today for another person? Count them!" **Action:** Child smiles upon others and count how many times they do it during the day.
- Parents: My child smiled at others today. (Emoji reflection)

### Mini Lesson Three - Moozie Acts of Kindness

- Parent reminds child that kindness is not only to ourselves but to each other. Parent asks: "What can you do today to be kind to our family and neighbors?"
- Action:** Child chooses pre-approved actions from the "**Moozie's Favorite Ways To Be Kind**" list (**smile, say kind words: "thank you", help another person**). Parent encourages child to act on kindness today!
- Parents: My child selected and demonstrated acts of kindness? (Emoji reflection)

### Mini Lesson Four - Kind to Me, Kind to You, Kind Together

1. Parent describes how they were kind to someone this past week. Parent asks child “How were you kind to someone this week?”
2. **Action:** Child and their parents play a game of charades in which the child acts out how they were kind to someone this week and the parent tries guess the action.
3. Parents: My child demonstrates an understanding of kindness towards others. **(Emoji reflection)**

### Mini Lesson Five - Good Night Moozie, Good Night Everyone!

1. Parents remind child that at the end of the day, Moozie always has gratitude for her family, friends and neighbors.
2. **Moozie Asks:** “Who are we grateful for today?”  
**Action:** Child draws a picture of all the people they are grateful for.
3. Parents: My child demonstrates an understanding of gratitude. **(Emoji reflection)**

#### Unit Extensions:

#### Unit Parent Tools:

Books:

- Read Carol McCloud’s *Have You Filled A Bucket Today*
- Read Emily Pearson’s *Ordinary Mary’s Extraordinary Deed*
- Read Pat Zietlow Miller’s *Be Kind*

Phrases:

- “You are such a helpful kid.”
- “Your big heart makes me so proud.”
- “Your kindness is making a real difference.”
- “I love how you shared your fruit snacks with your sister.”

#### Checkup From The Heart Up:

“My child understands what it means to treat others with kindness.” (Likert Scale Response)

## C. Kindness to Animals

### Mini Lesson One - Good Morning Birds!

1. Parents remind child that we can be kind to ourselves. Ask them how? Parents tell child that animals are kind to us, too, and we can be kind to them. Point out to your child that our day always starts with birds singing in the morning. Listen!
2. **Moozie Says:** “The bird sings to say hello to both its bird friends and to us. Sing like a very kind bird!”  
**Action:** Child imitates bird song and then thanks birds for all of their singing!
3. Parents: My child sees animals as friends. **(Emoji reflection)**

## Mini Lesson Two - Thirsty Moozie

1. Parents describe how Moozie can get thirsty, Moo! Just like us. And that we can be kind to animals like birds, dogs and cats by making sure they always have water.
2. **Moozie Says:** "Put outside a pan of water for the animals. This is such a kind thing to do for us. Moo!"  
**Action:** Parents guide child in placing pan(s) of water outside for our animal friends (on a fire escape, in the park, on the front walk.).
3. Parents: My child felt good about themselves in being kind to animals. **(Emoji reflection)**

## Mini Lesson Three - Moozie and Her Friend's Wagging Tails

1. Parents talk about how cats and dogs, like Moozie, wag their tails to say hello and be kind. Parents also remind child that a tail is a private part of an animal and we must be kind to them by not touching their tails.
2. **Moozie Says:** "Click on my tail to see how it makes me feel and learn how to be respectful to my body."  
**Action:** Child practices clicking on Moozie's tail and parents guide child in recognizing and understanding Moozie's facial expressions and responses.
3. Parents: My child demonstrates kindness to animals. **(Emoji reflection)**

## Mini Lesson Four - Moozie and her Cuddly Cats

1. Parents describe how when we love a family member, we often give them hugs. We like to hug our pets too! Moo!
2. **Moozie Says:** "My animal friends and I love to bump fists and give hugs. I like to receive them too!"  
**Action:** Child bumps fists with Moozie and picks a favorite stuffed animal to hug.
3. Parents: My child feels happier when they are kind to animals. **(Emoji reflection)**

## Mini Lesson Five – Good Night Animal Kingdom, Moo

1. Parents describe how animals go to sleep, too, just like them. Let's remember, before we fall asleep, all the times, today, we were kind to ourselves, each other and animals. Let's talk about it!
2. **Moozie Says:** "I am sleepy. Moo! Please wish me and all my animal friends a sweet and dream-filled rest."  
**Action:** Child says "Moo night animals, Moo night!!"
3. Parents: My child can express feelings of kindness to animals. **(Emoji reflection)**

### Unit Extensions:

### Unit Parent Tools:

Books:

- Read Bob Graham's *How to Heal a Broken Wing*
- Read Mary Murphy's *How Kind!*

## Checkup From The Heart Up:

“My child understands what it means to treat animals with kindness.” (Likert Scale Response)

## D. Kindness to Earth

### Mini Lesson One - Good Morning World, Moo!

1. Parents tell their child how Moozie is kind to Earth and nature - to water, our earth and sky.
2. **Moozie Says:** “Good morning water, good morning earth, and good morning sky! Draw a picture of the earth and water and sky to say good morning!”  
**Action:** Child draws picture of earth/sky/water and say “Good morning nature!”
3. Parents: My child recognizes nature as something to be kind to and respect. **(Emoji reflection)**

### Mini Lesson Two - Moozie’s Scavenger Hunt

1. Parents describe to their child how nature has all these gifts. One way to find them is a scavenger hunt.
2. **Moozie Says:** “Let’s walk through a park or a backyard and find gifts from nature like a flower, a cloud, a blade of grass or a beautiful rock.”  
**Action:** Child searches for gifts of nature and save them to show Moozie and friends. **(This can be a digital hunt or real one)**
3. Parents: My child values nature by the treasures they found. **(Emoji reflection)**

### Mini Lesson Three - Moozie Says “Litter Gone!”

1. Parents discuss how litter and garbage are un-kind to nature. What can we do?
2. **Moozie Says:** “Help me, my friends, in being kind to nature by picking up litter and throwing its out. That is Moo-Perfect!”  
**Action:** Child picks up litter on a walk and says “Moo” every time they do so! **(This can be a digital hunt or real one)**
3. Parents: My child feels important when they help nature out. **(Emoji reflection)**

### Mini Lesson Four - Moozie and You Plant a Seed

1. Parents describe how a big tree can grow from a tiny seed.
2. **Moozie Says:** “Plant a seed in my Moozie garden and watch it grow!”  
**Action:** Child plants a digital seed in a digital garden and see their kindness to nature taking form. **(This can be digital as proposed as well as ....)**
3. Parents: My child has learned from Moozie to be kind to Earth and Nature. **(Emoji reflection)**

## Mini Lesson Five - Good Night Moozie, Good Night World!

1. Parents tell child that: “As we go to sleep, we can remember all the times today when we were kind.” Remind them that kindness is for ourselves, others, animals and nature.
2. **Moozie Says:** “Tell me all the times you were kind today! That’s Moo- wonderful!”  
**Action:** Child lists or draws all the times today they were kind to themselves, others, Earth and animals.
3. Parents: My child is more aware of kindness in everyday life. (**Emoji reflection**)

### Unit Extensions:

### Unit Parent Tools:

Books:

-Read Melanie Walsh’s *10 Things I Can Do to Help My World*

### Checkup From The Heart Up:

“My child understands what it means to treat nature with kindness.” (Likert Scale Response)