

Mindfulness in the Classroom

Ava and the Woeful Welliphant





Moshi Mindfulness in the Classroom series

is a focused sequence of CASEL-aligned lesson plans. Built around the magical Moshi world, the lessons use audio content and characters to bring social-emotional learning to life across topics like self-regulation, awareness, and making friends. Take-home sheets are included with each lesson so that kids and families can practice mindfulness in and out of the classroom.

CASEL Standards:

RELATIONSHIP SKILLS: The abilities to establish and maintain healthy and supportive relationships and to effectively navigate settings with diverse individuals and groups. This includes the capacities to communicate clearly, listen actively, cooperate, work collaboratively to problem solve and negotiate conflict constructively, navigate settings with differing social and cultural demands and opportunities, provide leadership, and seek or offer help when needed.

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 relationship skills to offer help when needed.

Essential Questions:

How can I help others when they are sad?

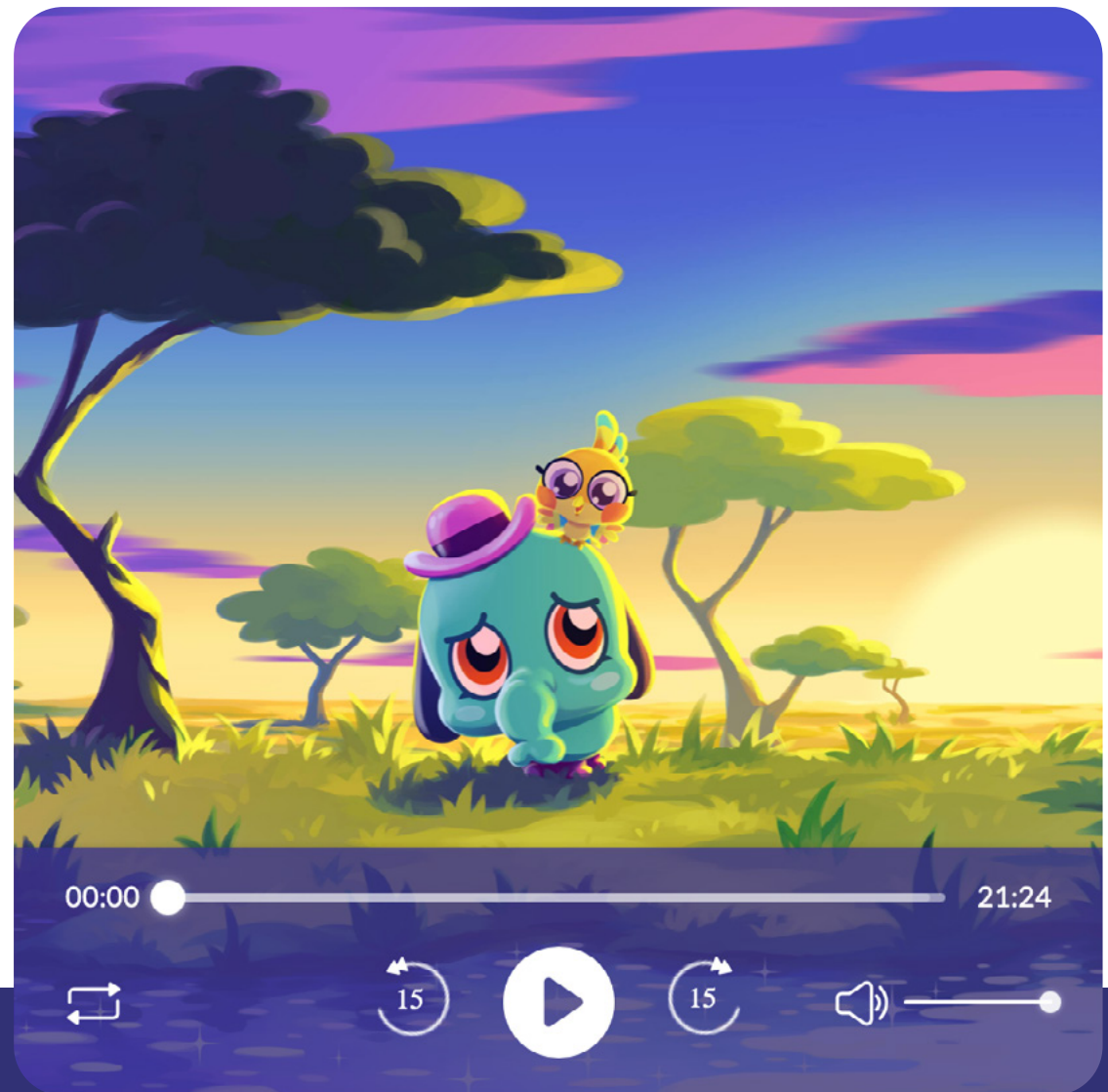
I Can:

I can offer help to others when they are sad.



Ava and the Woeful Welliphant

Now we will listen to a story called 'Ava and the Woeful Welliphant'. This is Ava! Click on the picture to begin listening:



http://moshisleep.com/play/Ava_and_the_Woeful_Welliphant

Today we will journey into the Moshi jungle to meet Ava the Rainbow Dove and her friend Dinky the Welliphant. Dinky is feeling quite down as he mopes through the jungle without a purpose. Ava rides on his back and she wants to cheer up her friend.

Ava knows that Dinky is sad because his face looks like he has eaten sour fruit.

- What does your face look like when you eat sour fruit?

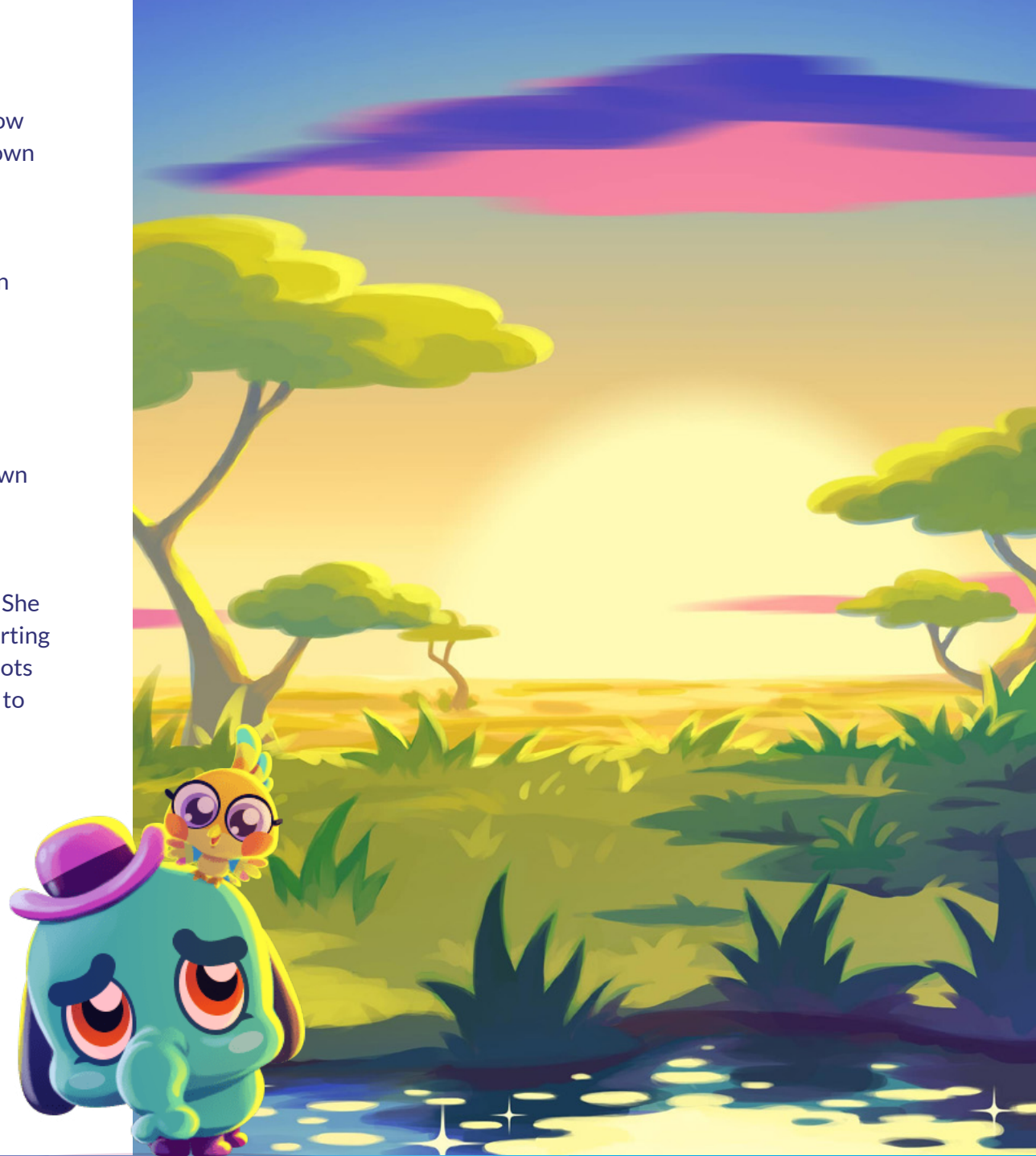
She also knows he is sad because of his eyes.

- What do your eyes look like when you are sad?
- How can you tell by looking at someone that they are feeling down or sad?

After You Listen

While Ava is riding on Dinky's back, she asks him about his clothes. She listens carefully to her friend and then she realizes his boots are hurting his feet which is making him grumpy and sad. Dinky takes off his boots and feels much happier! He thanks Ava for her help and apologizes to her for being so grumpy by giving her a flower called an orchid.

- How do you apologize to a friend when you have been grumpy?
- How do you apologize to your parents when you have been grumpy?
- How do you apologize to your brother or sister when you have been grumpy?
- How would you want someone to apologize to you if they were grumpy?



The word "moshi" is written in a white, rounded, lowercase sans-serif font. The letters are thick and have a friendly, approachable feel. The 'm' and 'n' have a slight curve to them. The background is a solid blue color with several large, overlapping, semi-transparent circles in various shades of blue, creating a layered, abstract effect.

moshi