

# Mindfulness in the Classroom

## **Betty the Yodeling MooMoo**





## 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:**

**SOCIAL AWARENESS:** The abilities to understand the perspectives of and empathize with others, including those from diverse backgrounds, cultures, and contexts.

**RELATIONSHIP SKILLS:** The abilities to establish and maintain healthy and supportive relationships and to effectively navigate settings with diverse individuals and groups.

## **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 work collaboratively to problem solve.

## **Essential Questions:**

How can I work with others to solve a problem?

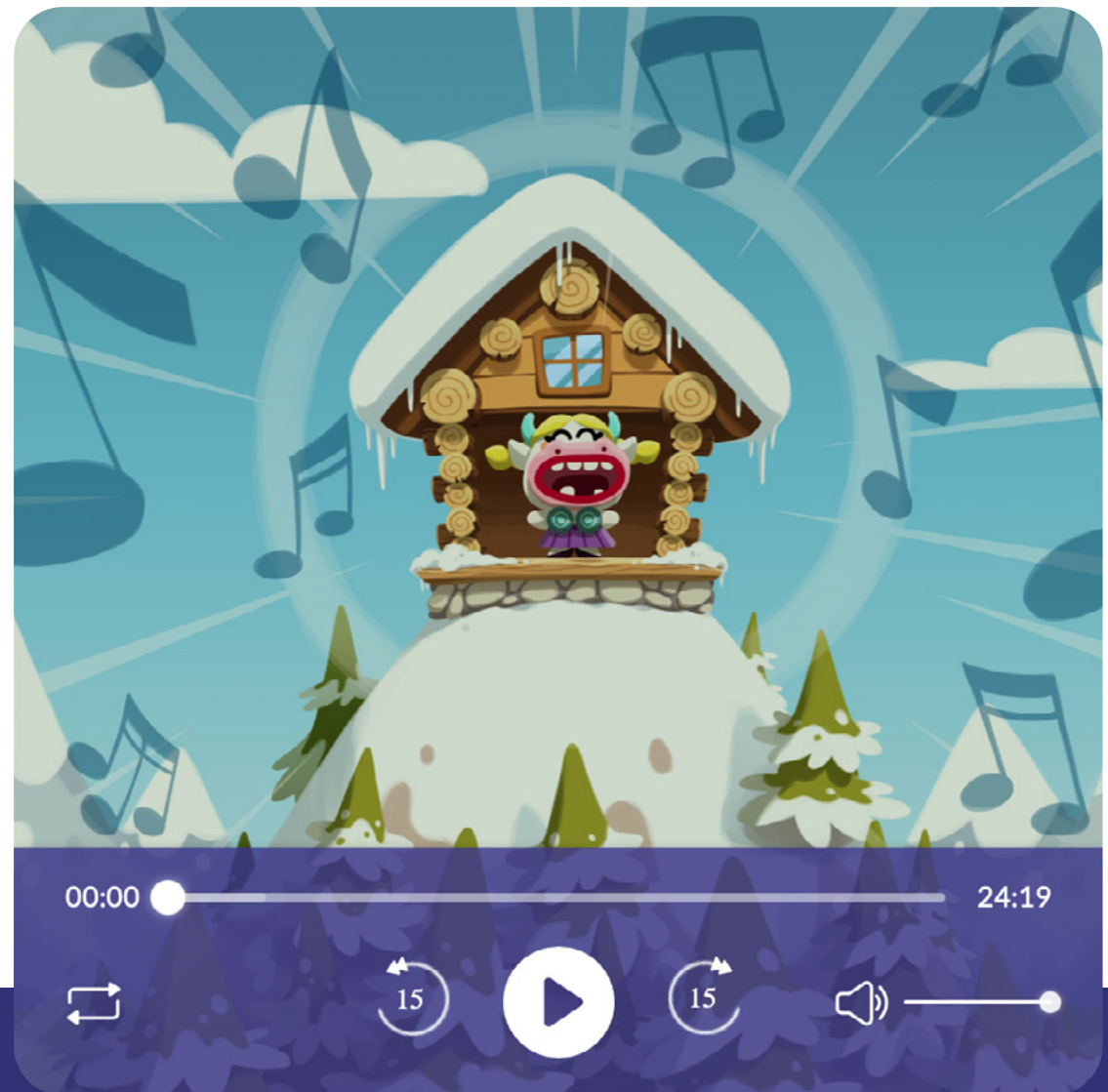
## **I Can:**

I can work with others to solve a problem.



## Betty the Yodeling MooMoo

Now we will listen to a story called 'Betty the Yodeling Moo Moo'. This Betty! Click on the picture to begin listening:



[http://moshisleep.com/play/Betty\\_the\\_Yodelling\\_MooMoo](http://moshisleep.com/play/Betty_the_Yodelling_MooMoo)

Can you hear Betty the Yodeling MooMoo? She's standing in the town square yodeling her beautiful song. But the problem is everyone else in Strudelhofen is trying to go to bed and her yodeling is keeping them awake.

How do loud noises make you feel?

When do you like to hear loud noises?

How do you feel when you are trying to fall asleep and other people are being loud?

### After You Listen

The Moshling townspeople came together and identified their problem – Betty was yodeling too loudly at night. They each gave suggestions on how to solve the problem until they all decided on building her a stage in the hills. Then she could yodel at night further away and not be as loud.

Let's get into groups and look at how to solve problems together. Each person should give a suggestion and then the group should decide on a way to solve the problem.

**Problem 1:** You saw someone in the class take food out of another student's lunchbox without telling them. What should you do?

**Problem 2:** One friend invited you to go to the park and play on Saturday and you said yes. Then another friend called and invited you to go swimming on Saturday. You would rather go swimming. What should you do?





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' is particularly rounded, and the 'i' has a simple dot. The text is centered horizontally and vertically against a background of overlapping, semi-transparent circles in various shades of blue and purple, creating a soft, abstract pattern.

moshi