

# Mindfulness in the Classroom

## **Blinki's Happy Moments**





## 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:**

**SELF-AWARENESS:** The abilities to understand one's own emotions, thoughts, and values and how they influence behavior across contexts. This includes capacities to recognize one's strengths and limitations with a well grounded sense of confidence and purpose.

**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:**

Use self-awareness tools such as meditation, visualization, and deep breathing to manage emotions.

**Essential Questions:**

How can I manage my emotions with mindfulness?

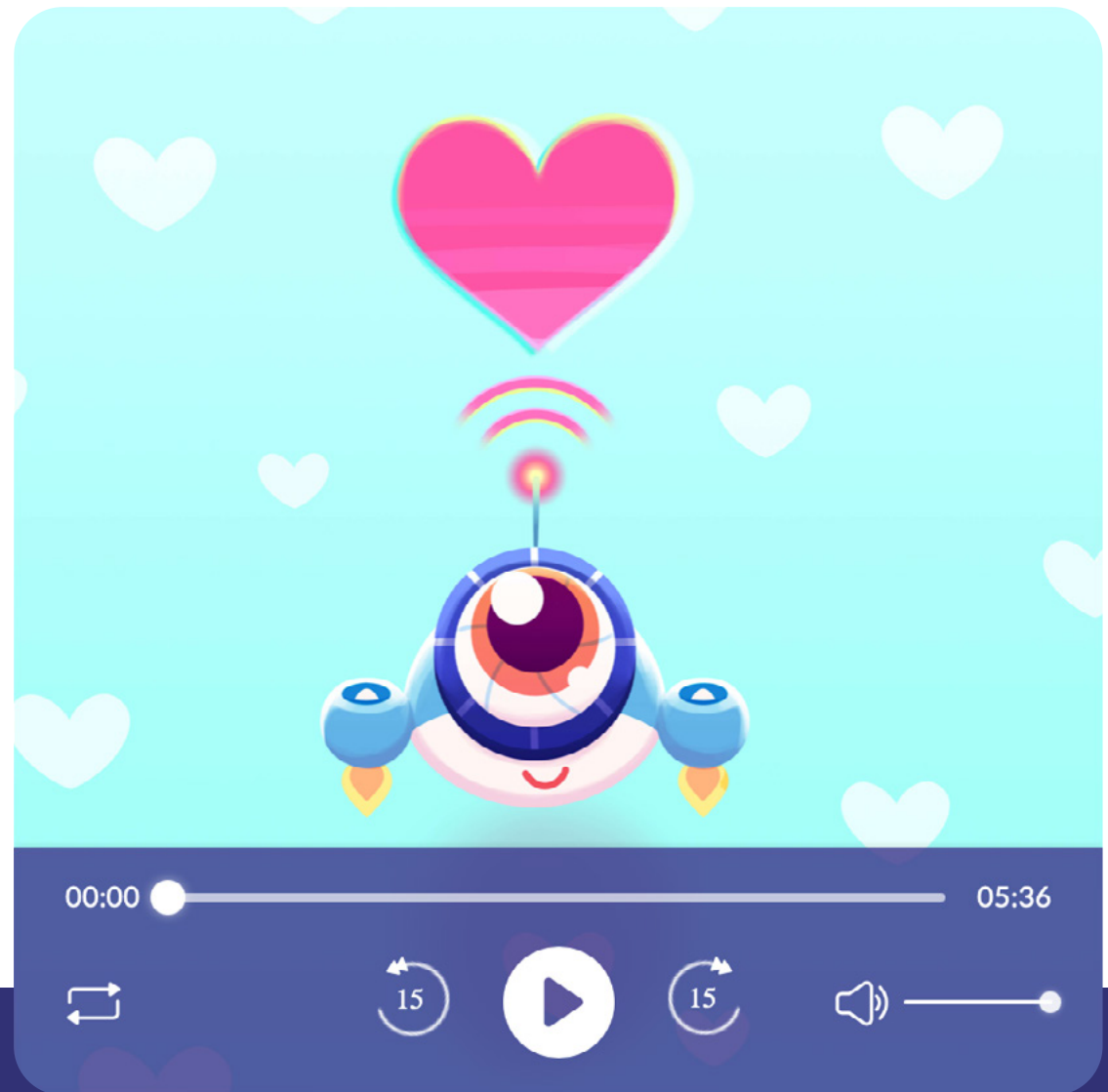
**I Can:**

I can use mindfulness techniques to manage my emotions.



## Blinki's Happy Moments

Now we will listen to a Moshi Moment called 'Blinki's Happy Moments'. This is Blinki! Click on the picture to begin listening:



[http://moshisleep.com/play/Blinkis\\_Happy\\_Moments](http://moshisleep.com/play/Blinkis_Happy_Moments)

## Before You Listen

Blinki will invite us to breathe deeply and think about how our breath feels. Take a big deep breath then exhale. Take a quiet slow breath.

How does it feel to take deep, slow breaths?

Blinki has a magic projector and this projector shows a picture, like a movie where Blinki remembers happy moments in his life.

What are some happy moments in your life?  
Did you do something nice for someone?  
Did they help you out?  
How do you feel when you remember happy moments?

Blinki talks about love and kindness. Who are some people you love? Who are some people that love YOU?

## After You Listen

Take a slow stretch and think about how you feel now that you had a relaxing Moshi Moment with Blinki and his happy thoughts.





The word "moshi" is written in a white, rounded, lowercase sans-serif font. It is centered horizontally and vertically against a background of overlapping, semi-transparent circles in various shades of blue and purple. The circles create a layered, abstract effect behind the text.

moshi