

Mindfulness in the Classroom

Blurp Goes Back to School





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-MANAGEMENT: The abilities to manage one's emotions, thoughts, and behaviors effectively in different situations and to achieve goals and aspirations. This includes the capacities to delay gratification, manage stress, and feel motivation & agency to accomplish personal/collective goals.

Academic Standards:

Common Core English/Language Arts Standards:

CCSS.ELA-LITERACY.SL.3.2

CCSS.ELA-LITERACY.SL.4.2

CCSS.ELA-LITERACY.SL.5.2

Determine the main ideas and supporting details of a text read aloud or information presented in diverse media and formats, including visually, quantitatively, and orally.

Objective:

Use self-management skills to accomplish a goal by focusing on organization.

Essential Questions:

How can organization help me accomplish a goal?

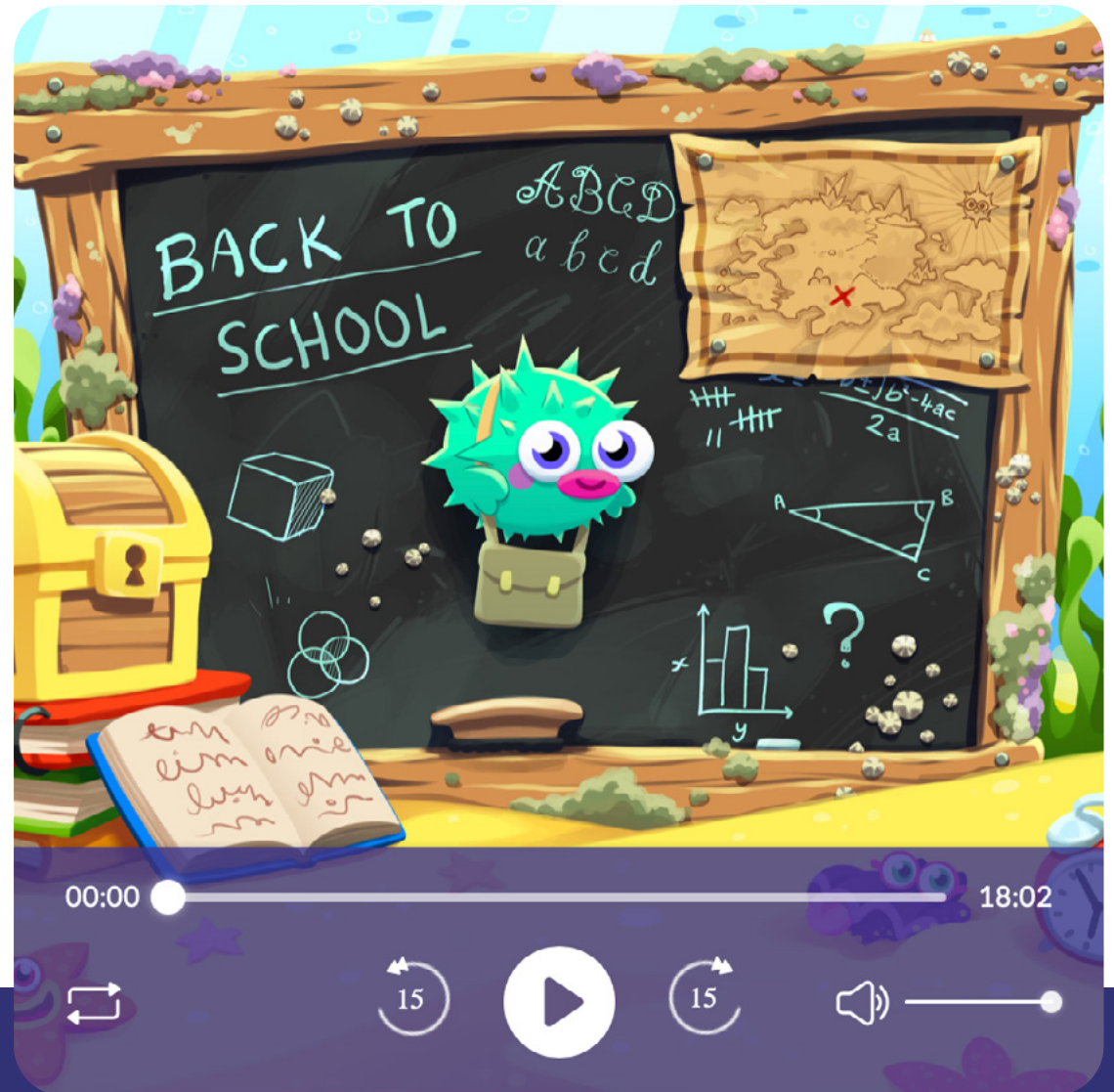
I Can:

I can accomplish a goal by using organizational skills.



Blurp Goes Back to School

Now we will listen to a story called 'Blurp Goes Back to School'. This is Blurp! Click on the picture to begin listening:



http://moshisleep.com/play/Blurp_Goes_Back_to_School_v1

Before you Listen

Today we will dive under the Potion Ocean to meet a Batty Bubblefish named Blurp. Blurp loves school, but he is a little nervous about going back to school this year.

- How do you feel before a new school year starts?

Give students a circle and have them color how much of each emotion they feel before a new school year starts.

Red – scared

Orange – nervous

Yellow – excited

Blue – worried

Purple – happy

After You Listen

Blurp felt a lot better about going back to school when he remembered all the fun things he liked to do while in school. He made a list of games and activities that he thought was fun.

- What games and activities do you think are fun?

Make a list of fun school activities and games that you like to play. Share your list with a partner.

Teachers, show students a weekly calendar of how fun school activities will be organized for the class. Keep a calendar of activities and games so that students will know what fun is coming up soon.



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