

Mindfulness in the Classroom

Cali the Moonlit Mermaid





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.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 relationship skills to demonstrate the ability to work with diverse individuals and groups.

Essential Questions:

How can I treat people who are different from me with respect and kindness?

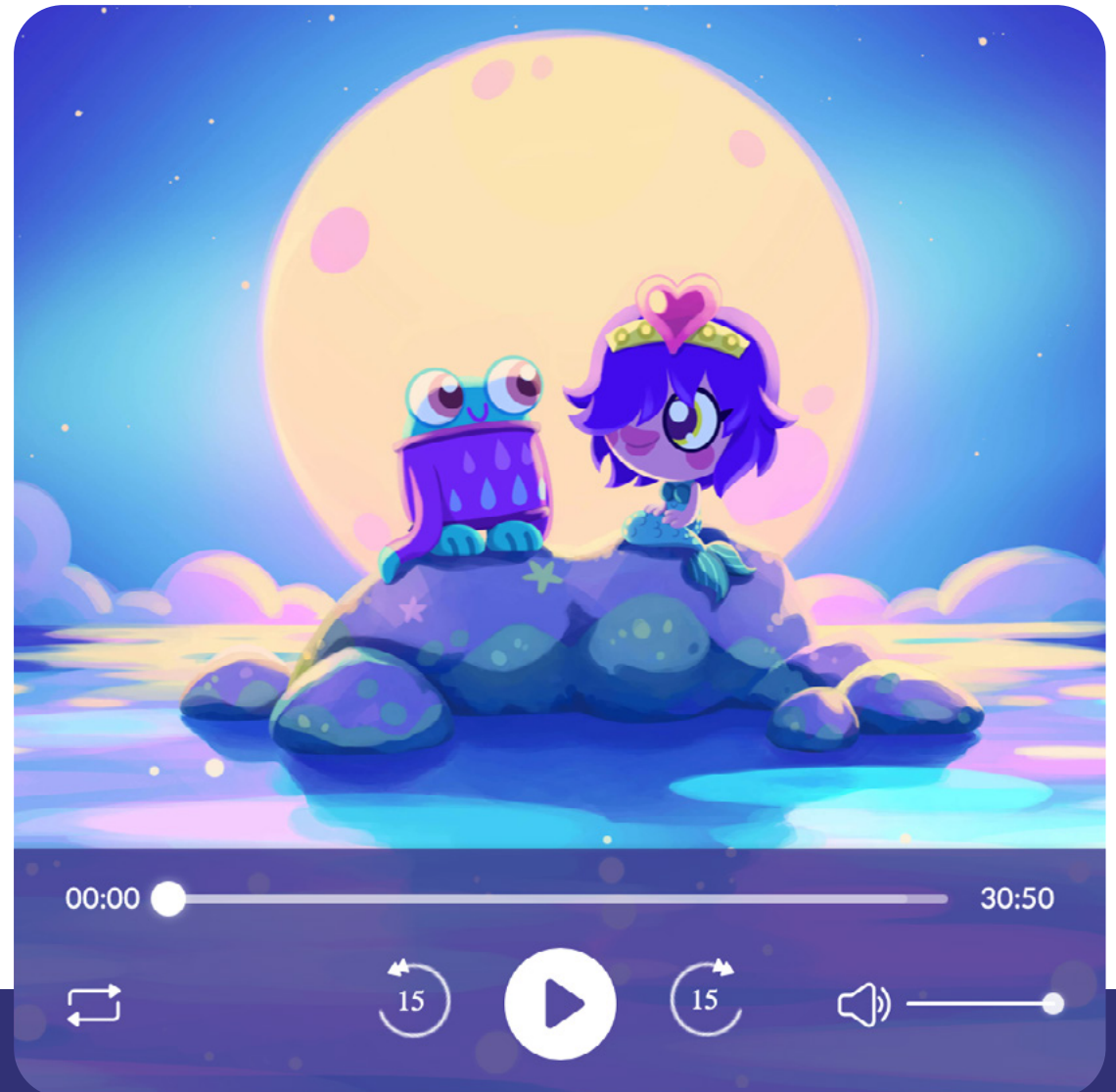
I Can:

I can treat people who are different from me with respect and kindness.



Cali the Moonlit Mermaid

Now we will listen to a story called 'Cali the Moonlit Mermaid'. This is Cali! Click on the picture to begin listening:



http://moshisleep.com/play/Cali_the_Moonlit_Mermaid

Today we find ourselves listening to the beautiful singing of the mermaids in Potion Ocean. They sit on the starlit rocks and watch the Moshlings playing on the shore. But one mermaid, Cali, doesn't understand why their rules say they are not able to talk to the Moshlings. Cali thinks the Mermaid Law is not right.

- What do people do when they think a law is not right or fair?
- How can people change the laws?
- When have people changed laws that were meant to keep different types of people apart?

After You Listen

Cali broke the Mermaid Law and saved a Moshling from drowning. She risked being thrown out of the Coral Kingdom for her choice.

- Have you ever broken a rule to help someone?
- How does it feel when you have to decide what is right and what is wrong?
- Are there some rules or laws that you feel are unfair to other people?



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