

Mindfulness in the Classroom

Calming SeaStar Breathing





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:

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-awareness to calm down during times of stress.

Essential Question:

How can I calm down during times of stress?

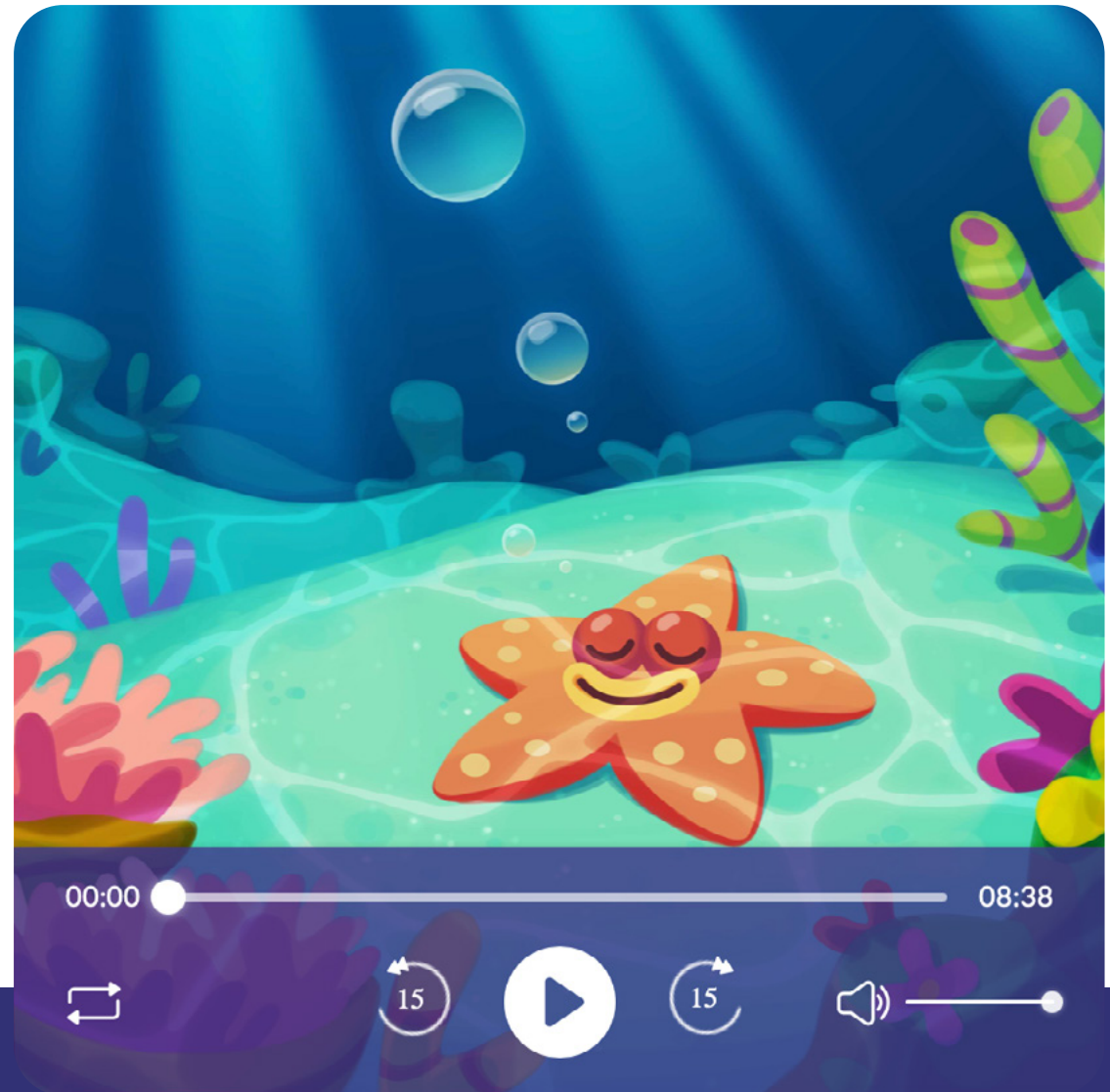
I Can:

I can calm down during times of stress.



Calming SeaStar Breathing

Now we will listen to a meditation called 'Calming SeaStar Breathing'. This is Fumble the Acrobatic SeaStar! Click on the picture to begin listening:



http://moshisleep.com/play/Calming_SeaStar_Breathing

On the shores of Potion Ocean are lots of Moshling SeaStars. One of them is Fumble the Acrobatic SeaStar who is going to help us learn how to calm down during times of stress.

- Have you ever been to the beach?
- Did you see starfish?
- What did they look like?

Before You Listen

Find a comfortable spot where you can sit.

After You Listen

Movement helps us to focus on breathing in and out. Just like you moved one hand up and down your SeaStar, you can do other movements to help you focus on your breath.

As we take a deep breath in, bring your arms high up over your head. Then as you breathe out, fold your body in half and reach down to the floor. Or breathe in and reach high up and breathe out and put your arms down to the side.



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