

Mindfulness in the Classroom

Cheeko the Sheriff of Nuttingham





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.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 seek or offer help when needed.

Essential Questions:

How can I be helpful to others?

I Can:

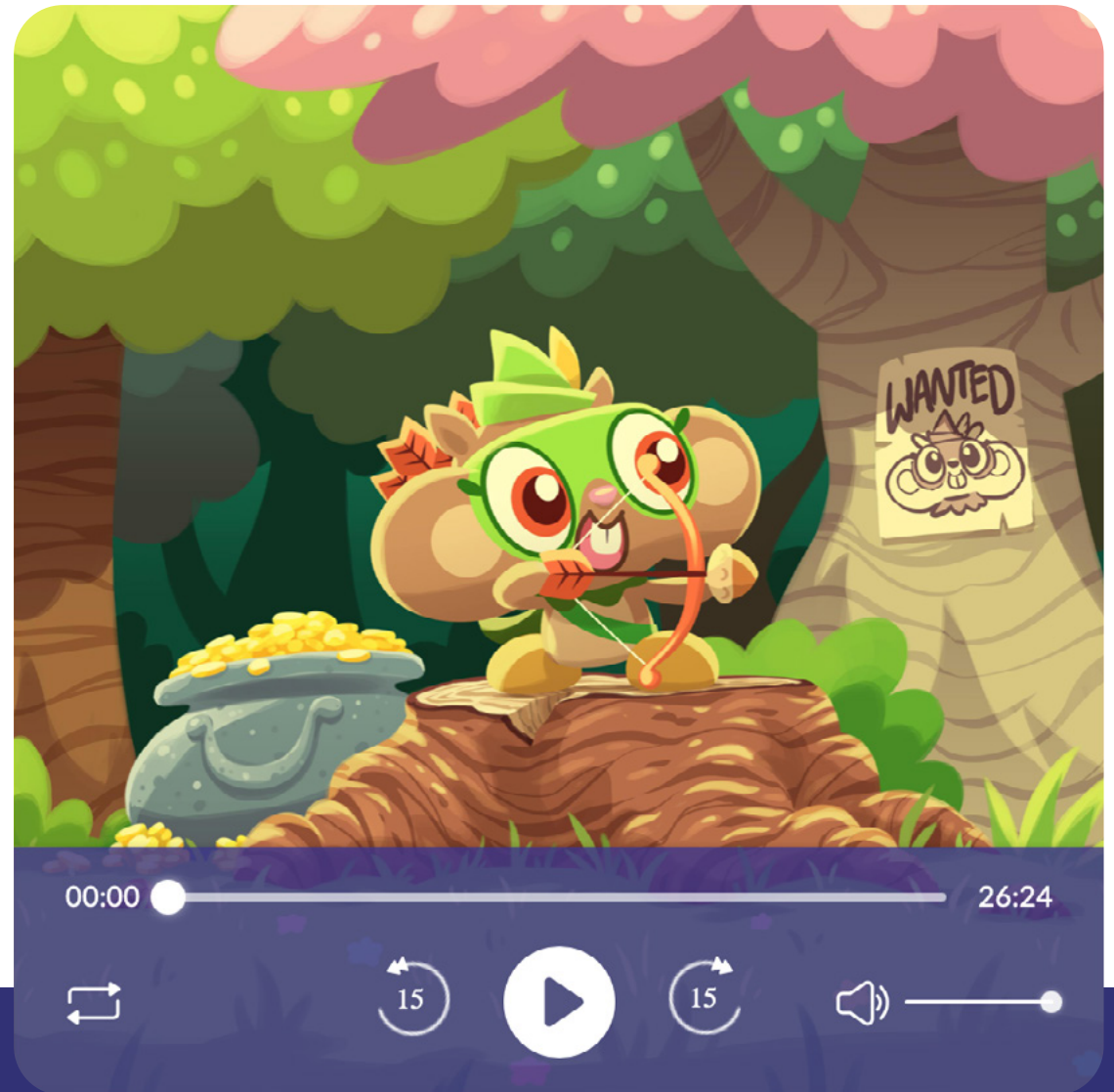
I can make other people happy with my behavior.

I can help others when they are in need by sharing what I have.



Cheeko the Sheriff of Nuttingham

Now we will listen to a story called 'Cheeko the Sheriff of Nuttingham'. This is Cheeko! Click on the picture to begin listening:



http://moshisleep.com/play/Cheeko_the_Sheriff_of_Nuttingham

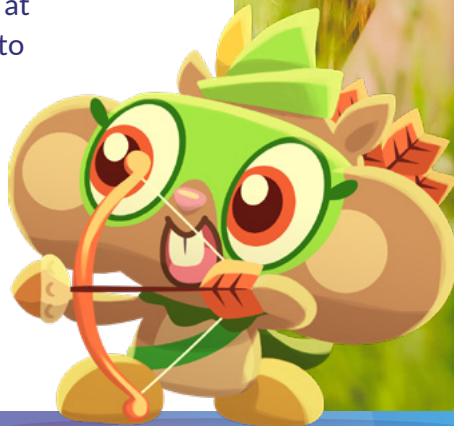
Today we will journey into Furwood forest to meet Cheeko the Sheriff of Nuttingham. Cheeko collected money from all the Moshlings to give to the king. The king was getting rich because Cheeko was taking all the Moshling's money. But one day Cheeko changed his mind and he wanted to give back all the money to the Moshlings. He grabbed the gold and rode off into the forest where he joined with the Moshlings to create a merry band.

- When have you joined a group?
- What did your group do?
- Did it help other people?

After You Listen

Cheeko learned that giving back beats taking any day. The forest had become a wondrous place, so he wanted to stay and help all the Moshlings. Help Cheeko find all the lost gold in our forest (the classroom) and then give it to others to help make their day better.

*Prior to the lesson, hide gold coins around the room with kind words on them. Then have students find the hidden coins. Have students give their coins to other students/teachers/workers at the school. They will be like Cheeko who distributed the gold to all the Moshlings in the forest.



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