

Mindfulness in the Classroom

CocoLoco's Tiki Teddy Tale





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 persevere in order to accomplish a goal.

Essential Questions:

How can I persevere to accomplish a goal?

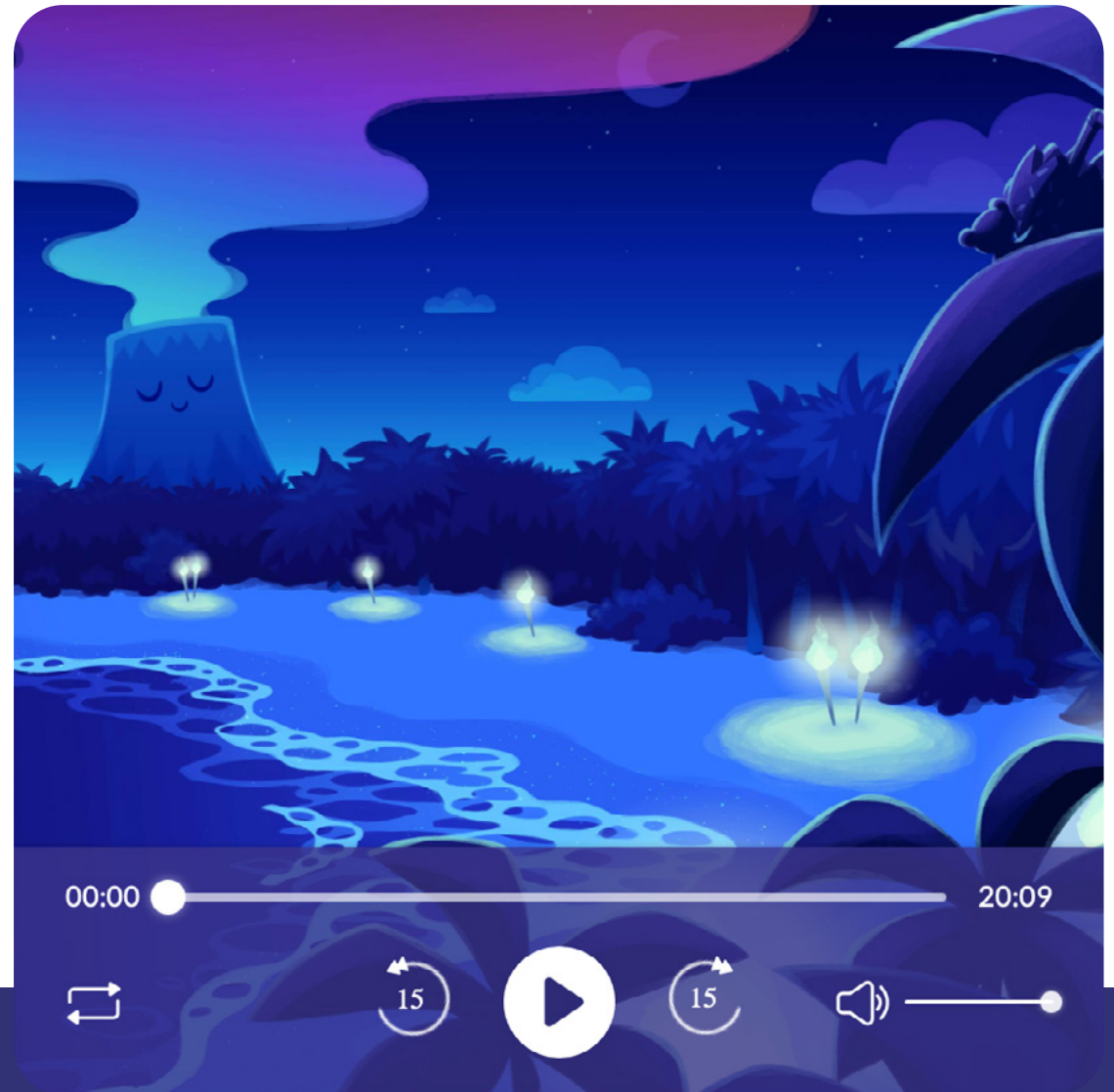
I Can:

I can accomplish a goal by persevering.



CocoLoco's Tiki Teddy Tale

Now we will listen to a story called 'CocoLoco's Tiki Teddy Tale'. This is CocoLoco! Click on the picture to begin listening:



http://moshisleep.com/play/Coco_Locos_Tiki_Teddy_Tale_v3

Today we will go on an adventure with CocoLoco, the Naughty Nutter, who lives on the Island of Moshinesia. CocoLoco sleeps with a very special Tiki Teddy. But his Tiki Teddy is lost, and CocoLoco can't fall asleep without him!

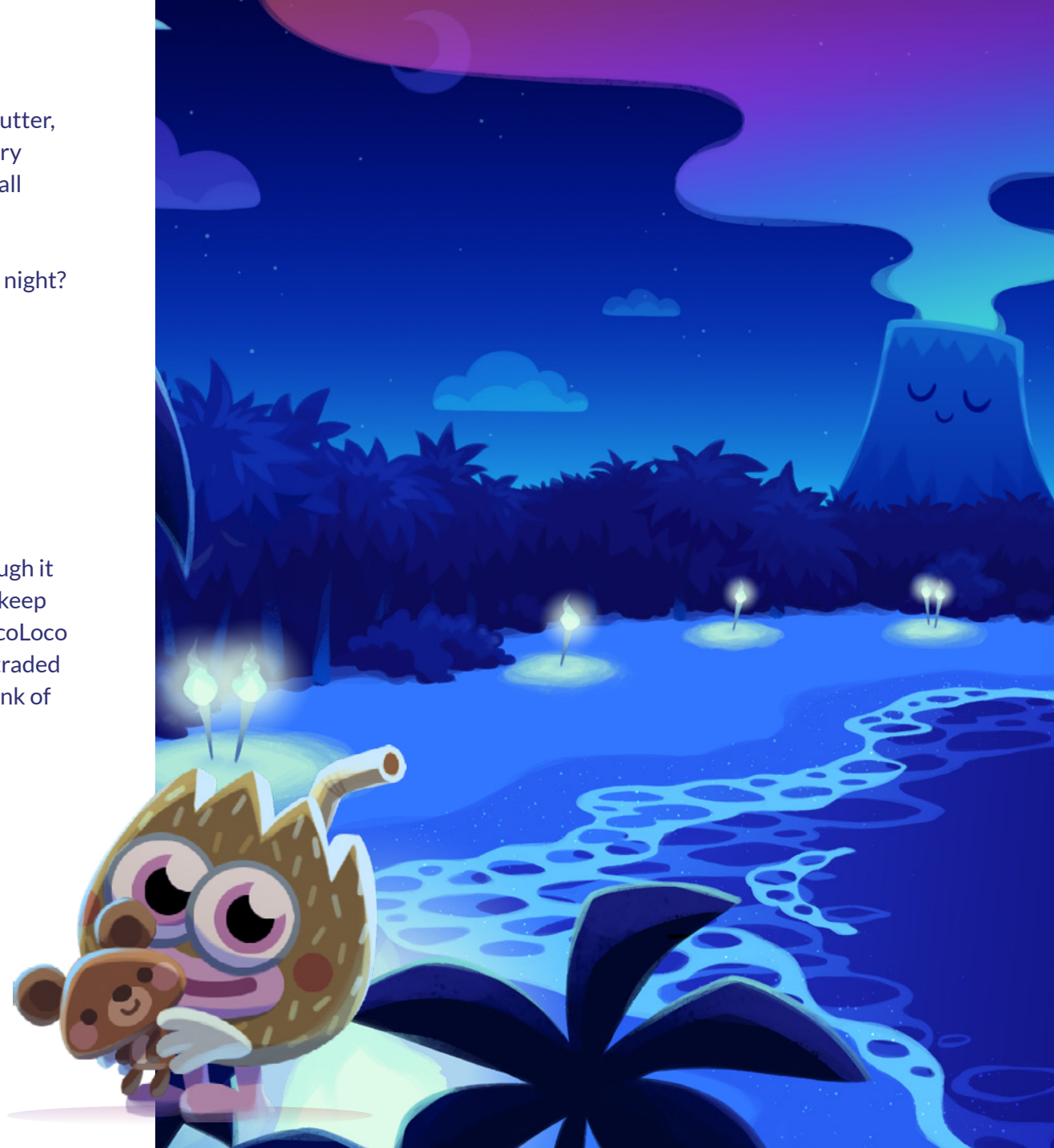
- Do you have a special animal or blanket that you sleep with at night?
- Have you ever tried sleeping without it?
- Has it ever been lost?
- How did you find it?
- How did you feel knowing that your special animal or blanket was lost?

After You Listen

CocoLoco had to find Tiki Teddy so he could fall asleep. Even though it was difficult CocoLoco had to persevere. To persevere means to keep going even when it gets difficult and you want to just give up. CocoLoco couldn't give up even when he learned that Tiki Teddy had been traded to scary Big Chief Tiny Head. When we persevere, we have to think of how to solve a problem in a different way.

Hand each student an ice-cube with a penny frozen inside. Tell students they must get the penny out, but they can not put it in their mouth or hit it with an object.

- How is melting the ice cube like working to reach your goals?
- Why do some people quit before reaching their goals?
- How does hard work and perseverance help you achieve your goals?



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