Mindfulness in the Classroom
Colorful Cloud Relaxation

Moshi for Schools

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.

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CASEL Standards:
SELF-AWARENESS: The abilities to understand one's own emotions, thoughts, and values and how they influence behavior across contexts.
SELF-MANAGEMENT: The abilities to manage one's emotions, thoughts, and behaviors effectively in different situations and to achieve goals and aspirations.

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 the mindfulness technique of visualization to achieve a feeling of tranquility.

Essential Questions:
What is tranquility?
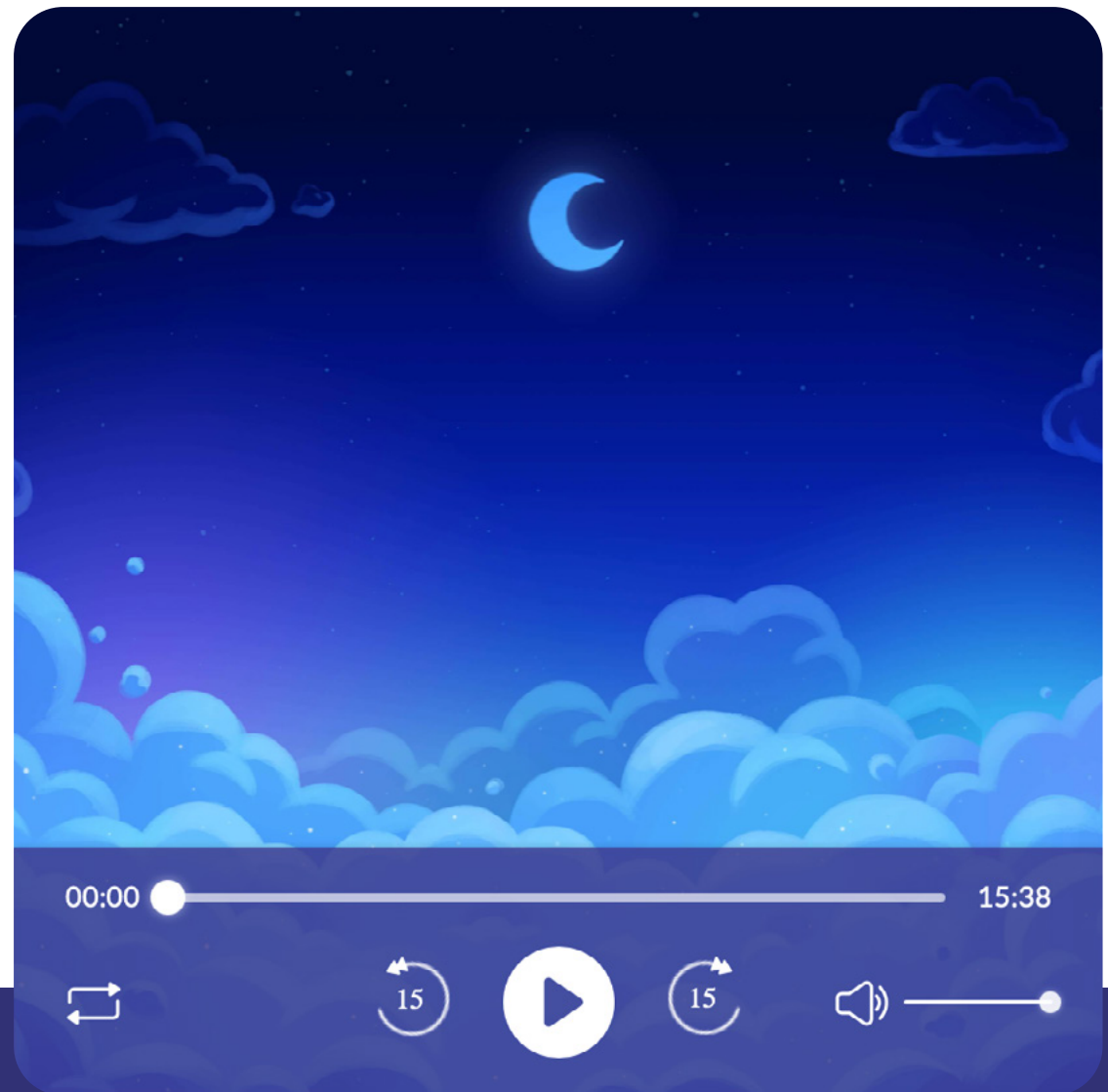How can I achieve tranquility using mindfulness and meditation?

I Can:
I can use visualization to become aware of, and manage, my emotions.

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Colorful Cloud Relaxation

Now we will listen to a meditation called 'Colorful Cloud Relaxation'. Click on the picture to begin listening:

http://moshisleep.com/play/Colorful_Cloud_Relaxation_v2

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Tranquility is a state of peace and quiet.

When do you feel tranquil?
What are some places where people find tranquility?

Before You Listen
Get comfortable. Remember how we breathe deeply: in through the nose and out through the mouth. Breathe like this now and get ready to focus on this Moshi Story, Colorful Cloud Relaxation.

As you relax your body, think about your favorite colors. What are some of your favorite colors? Use those colors to draw what you think of when you listen to Moshi's Colorful Cloud Relaxation.

After You Listen
You focused on your favorite color during this meditation. How did it feel when you imagined your favorite color surrounding you?

Write about what you saw in your mind during Moshi's Colorful Cloud Relaxation. Use descriptive words and describe the sensory imagery that appeared in your mind during this visualization.

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