

# Mindfulness in the Classroom

## **Crystal's Beautiful Blizzard**





### 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:**

**SOCIAL AWARENESS:** The abilities to understand the perspectives of and empathize with others, including those from diverse backgrounds, cultures, & contexts. This includes the capacities to feel compassion for others, understand broader historical, and social norms for behavior in different settings, and recognize family, school, and community resources and supports.

**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 mindfulness to encourage social awareness.  
Understand the benefit of working together.

**Essential Questions:**

How can I work together with others?

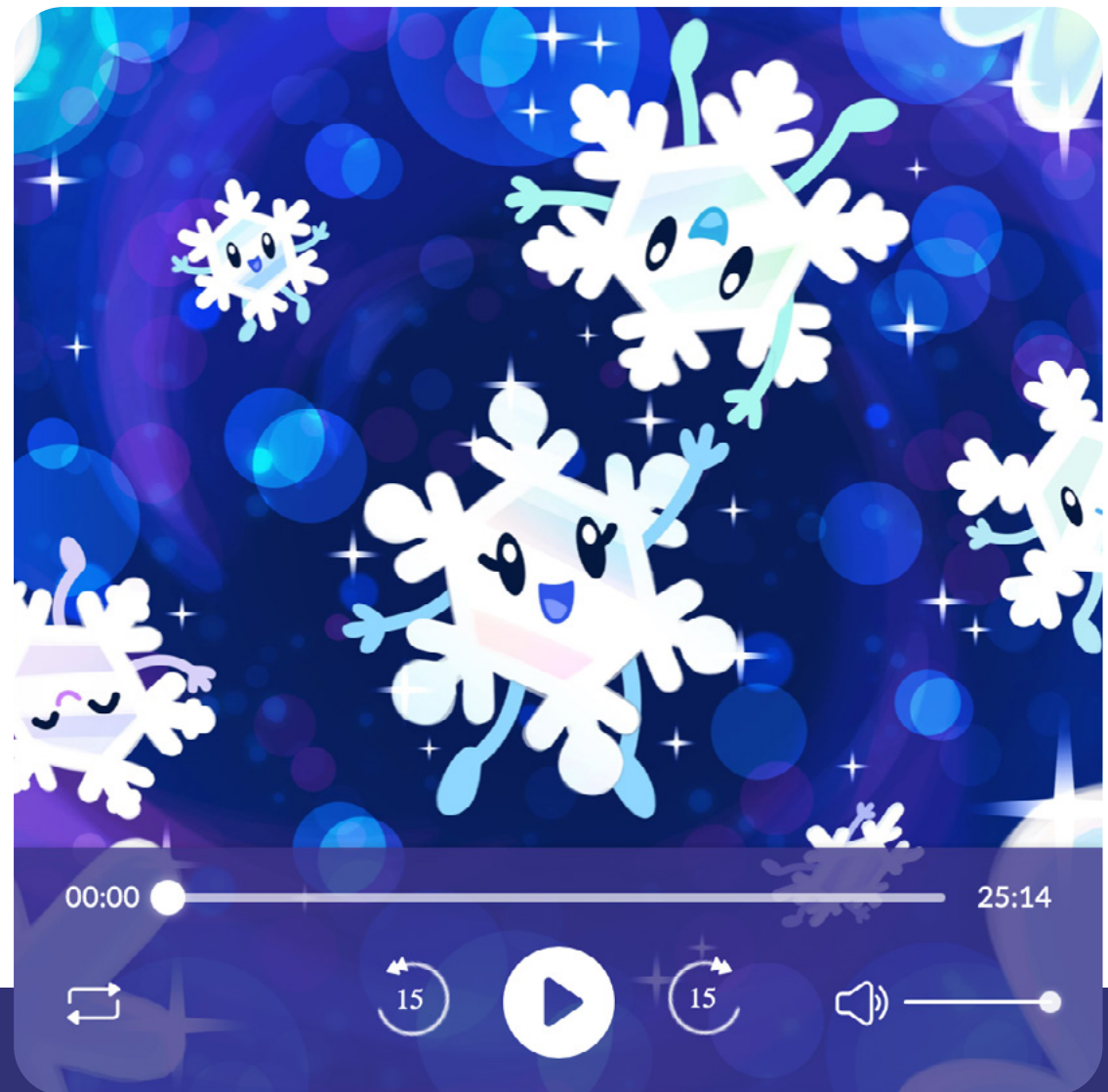
**I Can:**

I can work together with others for unity.



## Crystal's Beautiful Blizzard

Now we will listen to a story called 'Crystal's Beautiful Blizzard'. This Crystal! Click on the picture to begin listening:



[http://moshisleep.com/play/Crystals\\_Beautiful\\_Blizzard](http://moshisleep.com/play/Crystals_Beautiful_Blizzard)



## Before You Listen

Today we join Crystal the Moshling Snowflake as she learns about the importance of unity with her Snowflake friends. All the Moshlings love when it snows and they get to watch Crystal and her Snowflake pals flutter from the clouds to make a blanket of snow.

- Do you live in a climate where it snows in the winter?
- What is a winter's day like where you live?
- Crystal the Snowflake loves to twirl in the wind as she falls from the clouds. What do you like to do in winter?

## After You Listen

Crystal was worried that she was just like everyone else. Have you ever felt like Crystal? Write or share about it if you choose.

Everyone is unique. What is something unique and special about you?

Crystal finds a friend to ask for advice. Do you have someone you often ask for advice?

Jack the Snowflake, Crystal's friend, explains to her that there can be strength in numbers and together, they can do so much.

When can working together make something easier?

Unity is working together with a group for a common goal or feeling a connection with others who share something in common. When have you experienced unity before?



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