

# Mindfulness in the Classroom

## **Dawdles the Twilight Tortoise**





### 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, and contexts.

**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 effectively navigate settings with diverse individuals and groups.

**Essential Questions:**

How can I use mindfulness to work with diverse individuals and groups?

**I Can:**

I can use mindfulness to work with diverse individuals and groups.

I can cooperate with other people.

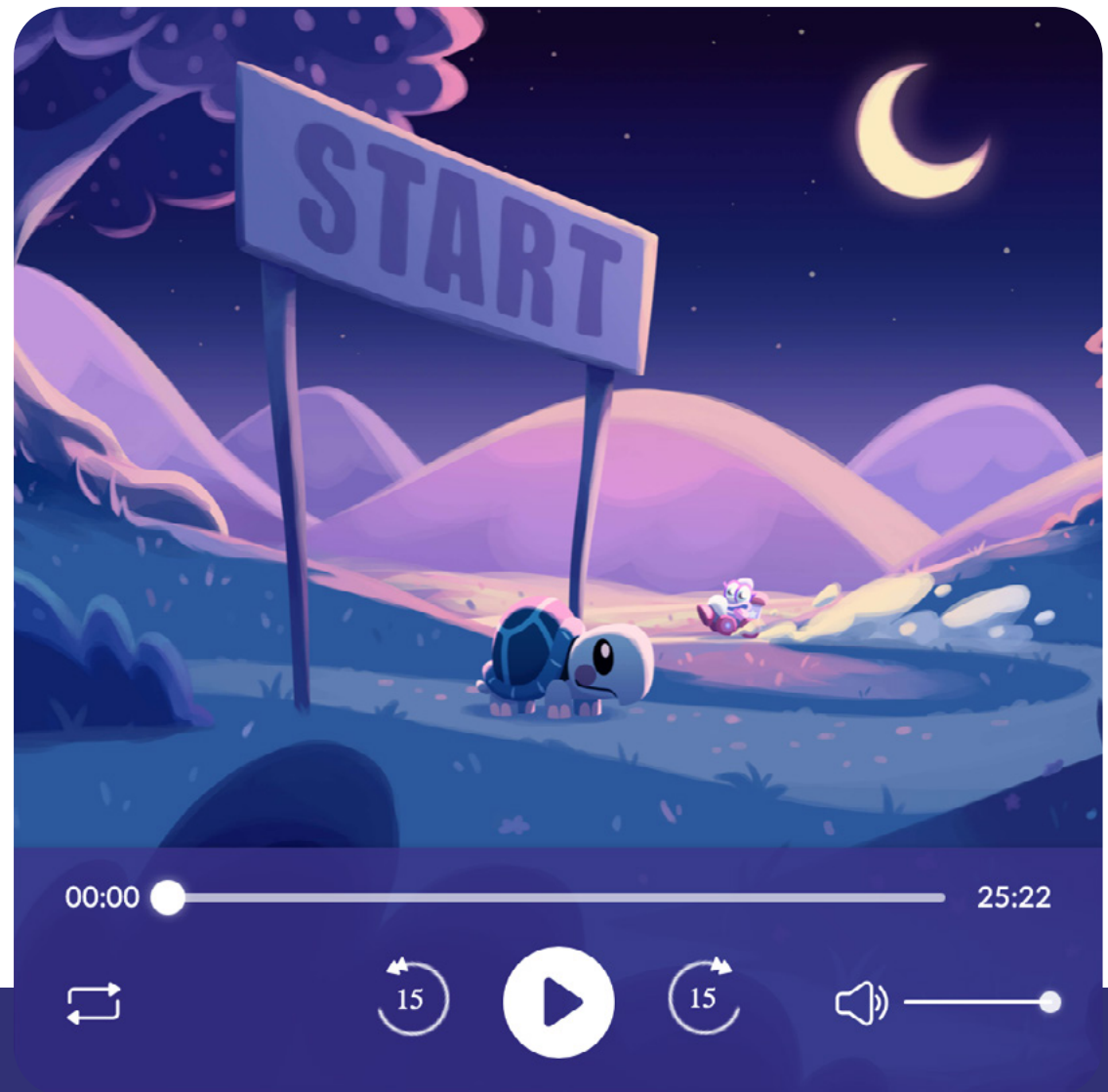
I can show gratitude to others.





## Dawdles the Twilight Tortoise

Now we will listen to a story called 'Dawdles the Twilight Tortoise'. This is Dawdles! Click on the picture to begin listening:



[http://moshisleep.com/play/Dawdles\\_the\\_Twilight\\_Tortoise](http://moshisleep.com/play/Dawdles_the_Twilight_Tortoise)

Today we find Dawdles the Twilight Tortoise slowly walking through the grass as Zonkers the Bonkers Whizzling zooms by at top speed. Zonkers yells out some unkind words to Dawdles. So Dawdles decides to challenge him to a race and whoever loses has to be more kind. Dawdles draws up a contract for Zonkers to sign.

Create a kindness contract with the class. Have students think of parts that should be included in the kindness contract for the class. Begin the contract with the words, "I agree to treat other students with kindness by ..." Once the contract is written everyone can sign it.

### After You Listen

Dawdles and Zonkers both had different skills and abilities. It was unkind of Zonkers to be boastful and rude to Dawdles just because he was not as fast as him.

During outside time, invite students to experience moving in different ways – hopping on one foot, turning backwards, rotating in a circle, holding a ball between their knees, taking baby steps or giant steps, skipping, galloping, or adding certain obstacles.

Wrap up with asking students to share which movement was easiest for them and which was the most challenging.



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 consists of several overlapping circles in various shades of blue, ranging from a deep navy blue to a bright, vibrant blue. The circles are semi-transparent, creating a layered effect. The word "moshi" is centered horizontally and vertically within the frame.

moshi