

Mindfulness in the Classroom  
**Day Four of Moshi Mindfulness**  
**Picturing Peace**





### 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:**

**RESPONSIBLE DECISION-MAKING:** The abilities to make caring and constructive choices about personal behavior and social interactions across diverse situations.

Demonstrating curiosity and open-mindedness.

Identifying solutions for personal and social problems.

## **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 imagination and visualization as a mindfulness technique.

## **Essential Questions:**

How can I use my imagination to help me relax?

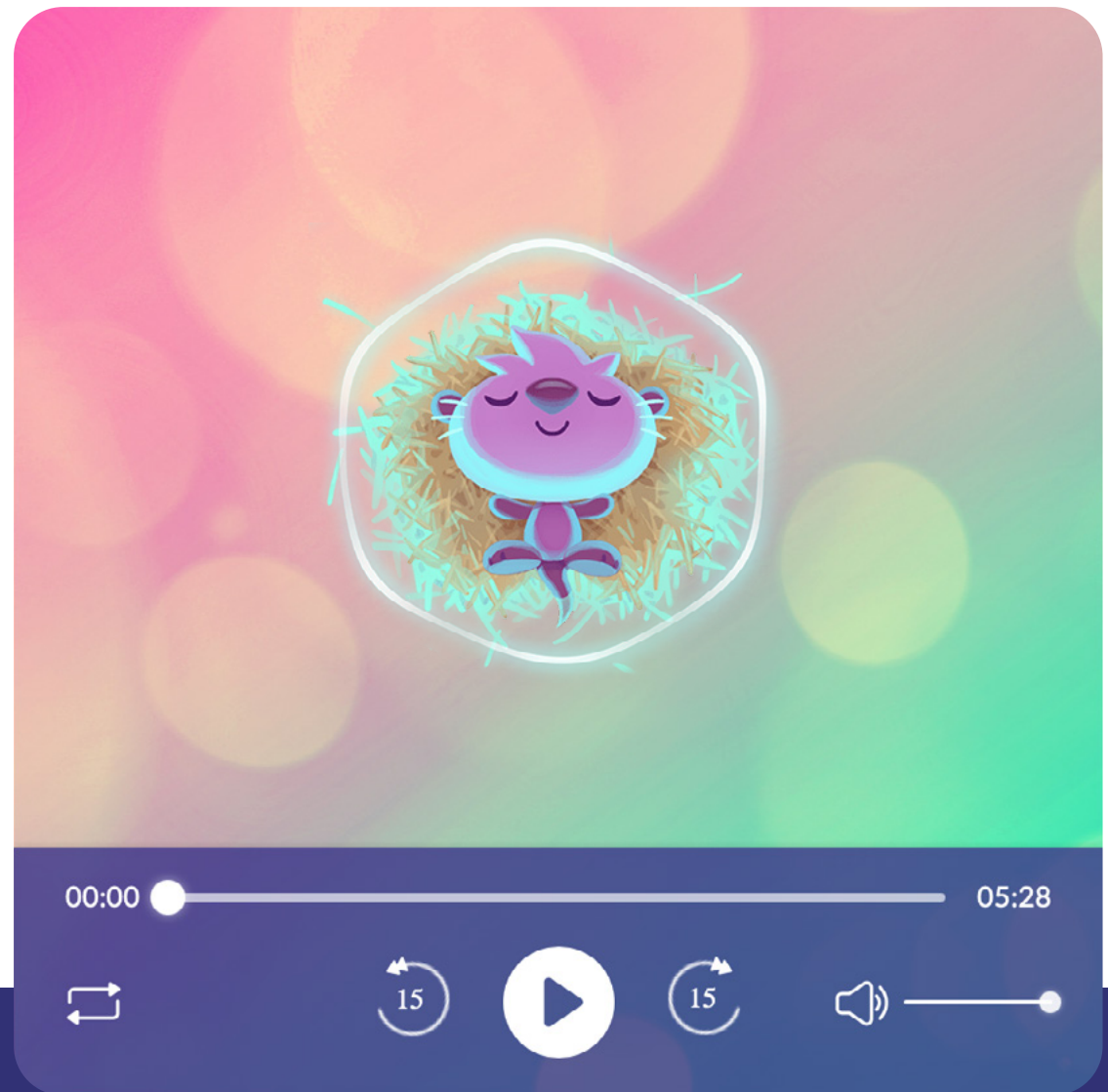
## **I Can:**

I can use my imagination to help me relax by practicing mindfulness.



## Day Four of Moshi Mindfulness - Picturing Peace

Now we will listen to a Meditation from '7 days of Moshi Mindfulness' called Day Four - Picturing Peace. This is Yawnsy! Click on the picture to begin listening:



[http://moshisleep.com/play/7\\_Days\\_Picturing\\_Peace](http://moshisleep.com/play/7_Days_Picturing_Peace)



Today we will talk about our imaginations. Imagination is when our mind creates pictures and ideas. Let's practice using our imagination to picture some things we like.

Imagine something you like to do, like playing a game. Picture yourself doing that now.

Imagine someone you like to spend time with. Picture that in your mind.

Imagine something delicious you like to eat. Picture yourself eating and enjoying it now.

You will have a chance to use your imagination to picture a wonderful place where you can find your Inner Smileyness today. Then, during your Home Time Activity, you will hear a story about other Moshlings who like to be mindful, too!

## After You Listen

Today we pictured a snowy mountain, a meadow, or another beautiful place.

What place did you imagine?

Did you feel your Inner Smileyness?

What did it feel like?

You used your imagination to picture a wonderful place where you found your Inner Smileyness today. Next, during your Home Time Activity, you will hear a story about other Moshlings who like to use their imaginations too!



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' is particularly rounded, and the 'i' has a simple dot. The text is centered horizontally and vertically against a background of overlapping, semi-transparent circles in various shades of blue and purple, creating a soft, abstract pattern.

moshi