

Mindfulness in the Classroom
Day One of Moshi Mindfulness
Getting Started





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-AWARENESS: The abilities to understand one's own emotions, thoughts, and values and how they influence behavior across contexts. This includes capacities to recognize one's strengths and limitations with a well grounded sense of confidence and purpose.

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:

CCSS.ELA-LITERACY.W.K.2

Use a combination of drawing, dictating, and writing to compose informative/explanatory texts in which they name what they are writing about and supply some information about the topic.

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 self-awareness evaluation skills to recognize when to use a self-management technique.

Essential Questions:

How do I feel?

What can I do to calm down?

What is mindfulness?

How can I use mindfulness every day?

What are the benefits of mindfulness?



Day One of Moshi Mindfulness -Getting Started

Now we will listen to a meditation from '7 days of Moshi Mindfulness' called Day One - Getting Started. This is Dewy! Click on the picture to begin listening:



http://moshisleep.com/play/7_Days_Getting_Started

This short, step-by-step program is designed for your class to begin a simple, seven-day introduction to Moshi Mindfulness.

Day One:

Let's listen together and learn about mindfulness.

After You Listen

Let's talk about how you were mindful today.

Relax your body.

Breathe in and out slowly.

Breathe in like you're smelling a flower.

Breathe out like you're blowing out a candle.

Feel your breath going into your body...and out of your body.

Imagine a stream and let it drift past.

Taking a moment each day takes practice, but it gets easier the more you do it!

You have taken your first step towards achieving what the Moshlings like to call Inner Smileyness!

Come back tomorrow for Day Two of Moshi Mindfulness!



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