

Mindfulness in the Classroom  
**Day Two of Moshi Mindfulness**  
**Streams of Thought**





### 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.

## **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 mindfulness to identify emotions.

## **Essential Questions:**

How do I feel?

What can I do to understand my emotions?

What can I do to manage my emotions?

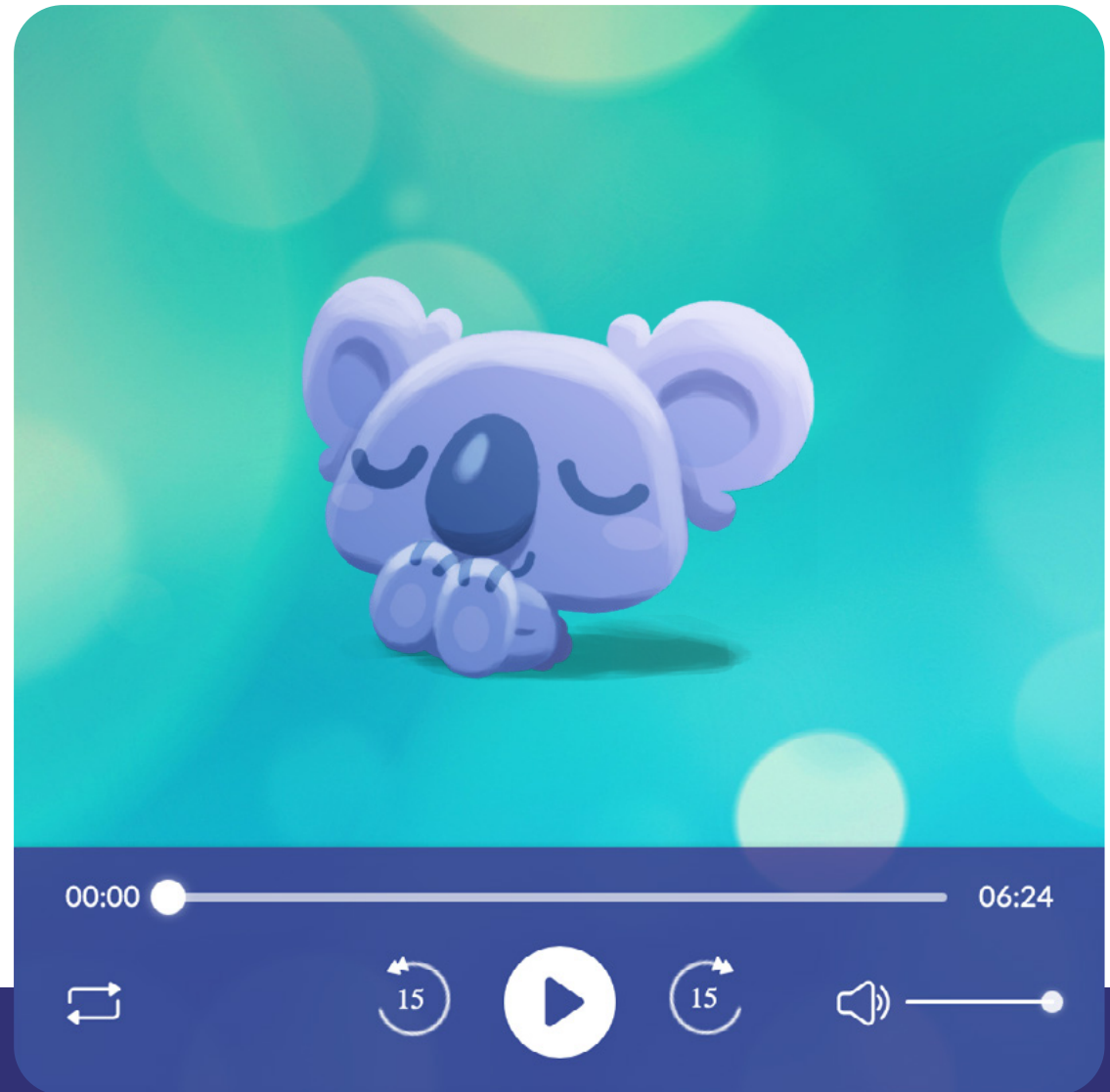
## **I Can:**

I can use mindfulness to identify and manage my emotions.



## Day Two of Moshi Mindfulness - Streams of Thought

Now we will listen to a Meditation from '7 days of Moshi Mindfulness' called Day Two - Streams of Thought featuring SleepyPaws! Click on the picture to begin listening:



[http://moshisleep.com/play/7\\_Days\\_Streams\\_of\\_Thought](http://moshisleep.com/play/7_Days_Streams_of_Thought)



Today we will continue on our journey to mindfulness. First, we will review what we learned yesterday. Think about the river where your thoughts will float away during our meditation. We picture our thoughts floating away so we can focus on relaxing our minds. When we have many thoughts, it can be hard to relax or calm down.

Moshlings like to breathe deeply to calm down. Let's practice our slow, deep, and quiet breaths.

We will take notice of our thoughts and feelings.  
What are you thinking about?  
How are you feeling?

We will relax our bodies today. First we will move our bodies. Wiggle your toes. Now quietly move your feet. Move your legs. Stretch your arms in your own space. Move your back and stretch your shoulders. Gently move your body and work out your energy. Don't touch anyone else – this is your time to move!

Now that we have practiced our breathing and moved our bodies, it's time to listen to the Moshlings teach us more about being mindful.





## Get Ready to Listen

Stretch any part of your body you need to, then get comfortable. Focus on your breathing. Take a slow, deep breath, and let's begin!

## After You Listen

- How did you feel after listening?
- What sounds did you focus on?
- What did you think about?
- How did your body feel after breathing deeply?
- Did you have thoughts that you let pass by?



The word "moshi" is written in a white, rounded, lowercase sans-serif font. It is centered horizontally and vertically against a background of overlapping, semi-transparent circles in various shades of blue and purple. The circles create a layered, abstract effect behind the text.

moshi