

Mindfulness in the Classroom

Ease Worries with Wallop





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.

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 self-awareness to identify emotions.

Essential Questions:

How can I use self-awareness to identify my emotions?

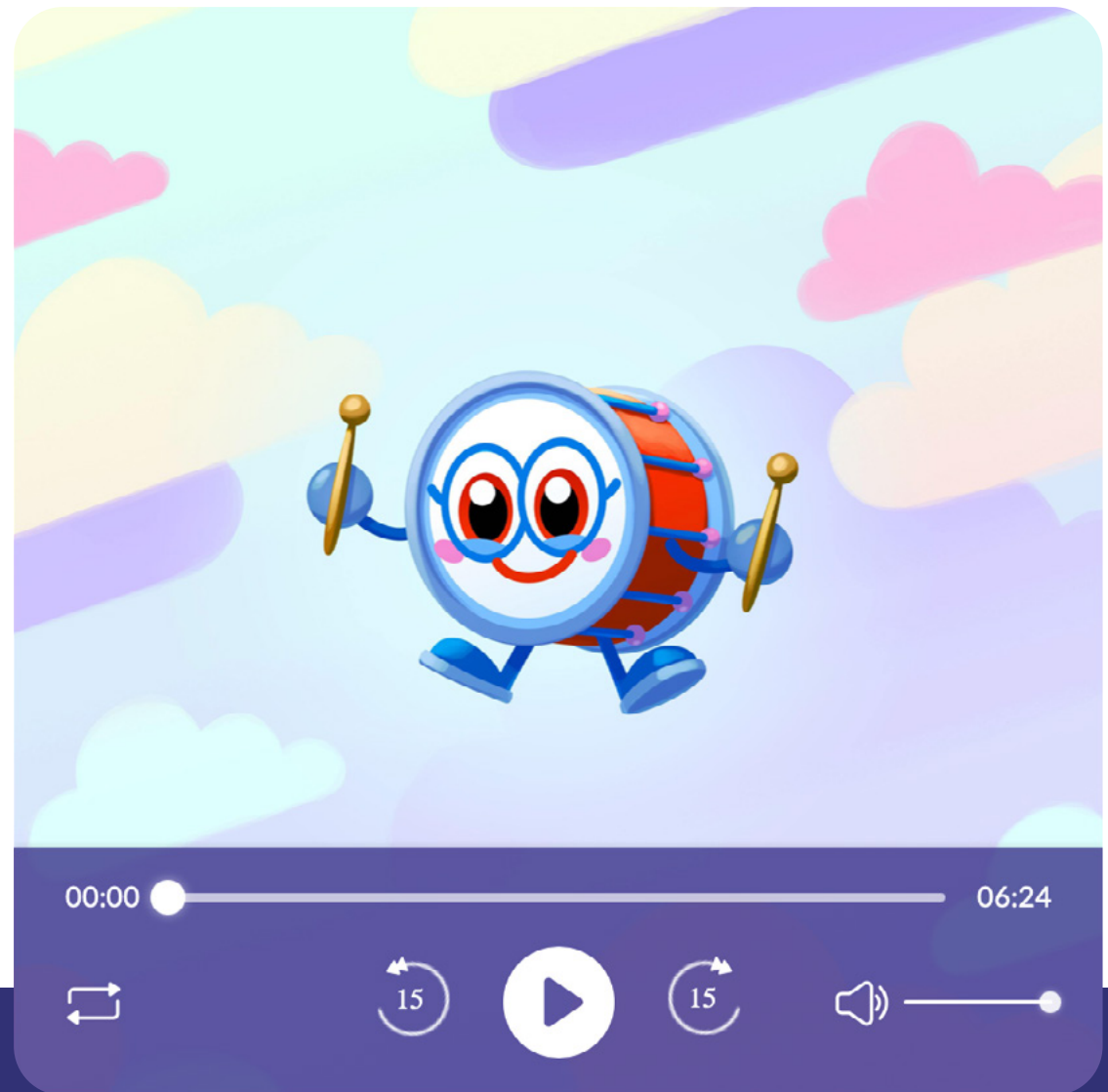
I Can:

I can use self-awareness to identify my emotions.



Ease Worries with Wallop

Now we will listen to a moment called 'Ease Worries with Wallop'. This is Wallop! Click on the picture to begin listening:



http://moshisleep.com/play/Ease_Worries_with_Wallop

Today we find ourselves in Thwack Boom Valley with a Moshling named Wallop, the Jolly Tubthumper. When things feel overwhelming for Wallop, he seeks out a peaceful place where he can quiet his mind. Wallop discovered a way for him to calm down.

Before You Listen

Find a comfortable spot where you can sit up straight.

After You Listen

In order to calm down, Wallop pictured himself leading a parade of his friends while twirling his drumsticks.

- What wonderful experience did you picture to make you feel happy?

Take one minute to write down your experience on a sheet of paper or in a journal. Remember this happy experience whenever you are feeling anxious or tense.

Have students share their happy experience with a small group of classmates.



The image features the word "moshi" in a white, rounded, lowercase sans-serif font, centered horizontally. The background is a gradient of blue, transitioning from a darker shade at the top to a lighter shade at the bottom. Overlaid on this background are several large, semi-transparent circles in various shades of blue, creating a layered, abstract effect.

moshi