

Mindfulness in the Classroom

Fluttercup's School for Unicorns





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 mindfulness to understand personal strengths and weaknesses.
Use mindfulness to develop a growth mindset.

Essential Questions:

How can I accept myself?
How can I develop steps to meet my goals?

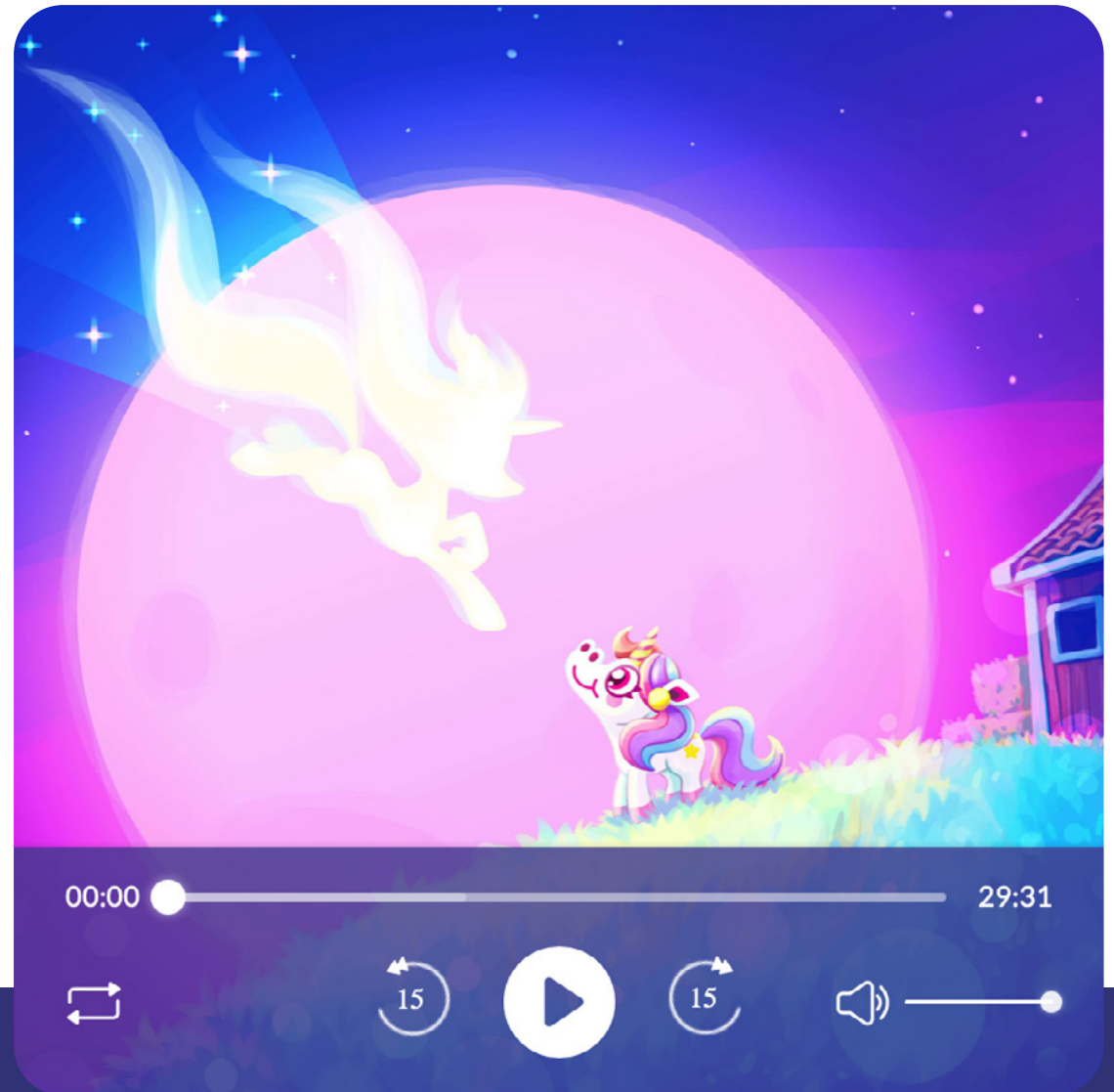
I Can:

I can recognize my strengths and challenges.
I can accept myself for who I am.



Fluttercup's School for Unicorns

Now we will listen to a story called 'Fluttercup's School for Unicorns'. This is Fluttercup! Click on the picture to begin listening*:



http://moshisleep.com/play/Fluttercups_School_for_Unicorns

Today we will follow Gigi, a little Moshling Mule, in her adventures at Fluttercup's School for Unicorns. Gigi the Mule wants to be a Unicorn more than anything. She loves to watch the magical Unicorns at Fluttercup's School flying high in the sky. Her dream is to fly like the unicorns she has seen flying beyond the rainbows.

What dreams do you have?

Do you want to accomplish something that you think is impossible, or very difficult to do?

Fluttercup the Unicorn invites Gigi the Mule to make a wish in a magic wishing well.

Have you ever made a wish on a star, at a wishing well, or somewhere else?

Gigi learns that she is wonderful the way she is.

What are some things about you that are unique?

What unique thing about you do you like the most?

After You Listen

Gigi the little Moshling Mule was invited to be an honorary member of Fluttercup's School for Unicorns, something she thought was impossible.

Think about what you want to accomplish.

What can you do to make your goal possible?

What lessons did Gigi the Mule learn from her experiences at Fluttercup's School for Unicorns?

When could you use the lessons you learned from Fluttercup's School for Unicorns to help you reach your goals? Write about your ideas. Make a list of a few steps you can take to achieve your goals.



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 on the page.

moshi