

# Mindfulness in the Classroom

## **Fuddy the Pudgy Fubble**





## 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:**

**RELATIONSHIP SKILLS:** The abilities to establish and maintain healthy and supportive relationships and to effectively navigate settings with diverse individuals and groups. This includes the capacities to communicate clearly, listen actively, cooperate, work collaboratively to problem solve and negotiate conflict constructively, navigate settings with differing social and cultural demands and opportunities, provide leadership, and seek or offer help when needed.

## **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 relationship skills to cooperate and help others.

## **Essential Questions:**

How can I do my best to cooperate with and help others?

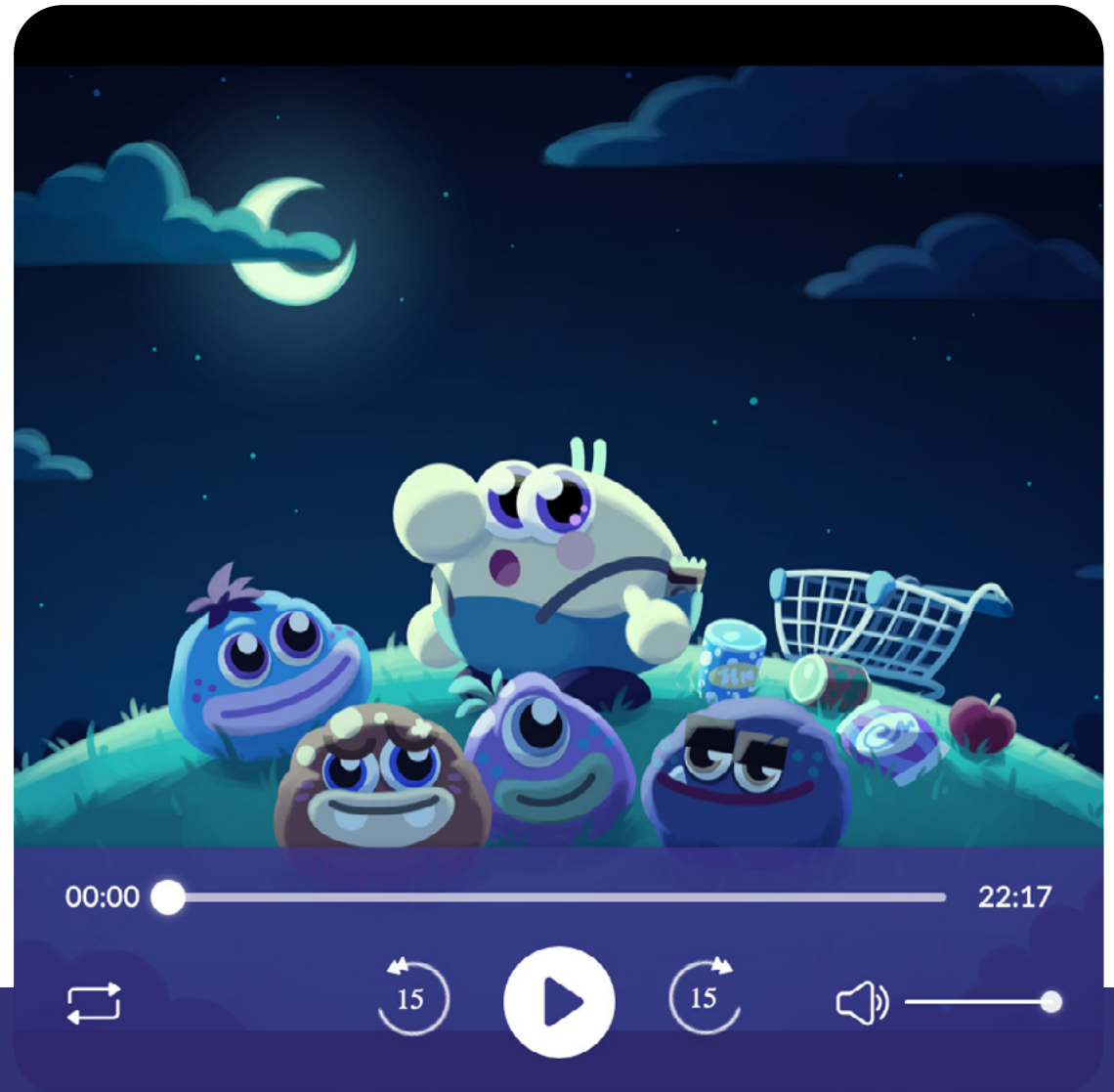
## **I Can:**

I can cooperate with and help others.



## Fuddy the Pudgy Fubble

Now we will listen to a story called 'Fuddy the Pudgy Fubble'. This is Fuddy! Click on the picture to begin listening:



[http://moshisleep.com/play/Fuddy\\_the\\_Pudgy\\_Fubble](http://moshisleep.com/play/Fuddy_the_Pudgy_Fubble)



Acts of kindness and small gestures can bring joy to others. Today we met Fuddy the Pudgy Fubble who helps others. He is generous, warm, and kind. But he is different from the other Moshlings, so sometimes the other Moshlings laugh at him. It is important to use kind words.

- Why should we use kind words?
- Has someone ever said something to you that hurt your feelings?
- How could they have said it so your feelings would not have been hurt?

Have students draw thought bubbles and fill the bubbles with kind words they can say to a classmate, friend, teacher, parent, etc.

### After you Listen

Create a kindness chain for the classroom. Every time a student in the class does something nice for a classmate, write in on a link and add it to the chain. Keep links and pens in an open space for students to create links throughout the year. Watch the kindness chain grow longer and longer all year!



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