

Mindfulness in the Classroom

Fusty's Fabulous 80s Drream





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 seek help and listen to others in order to problem solve.

Essential Questions:

How can I seek help and listen to others in order to solve a problem?

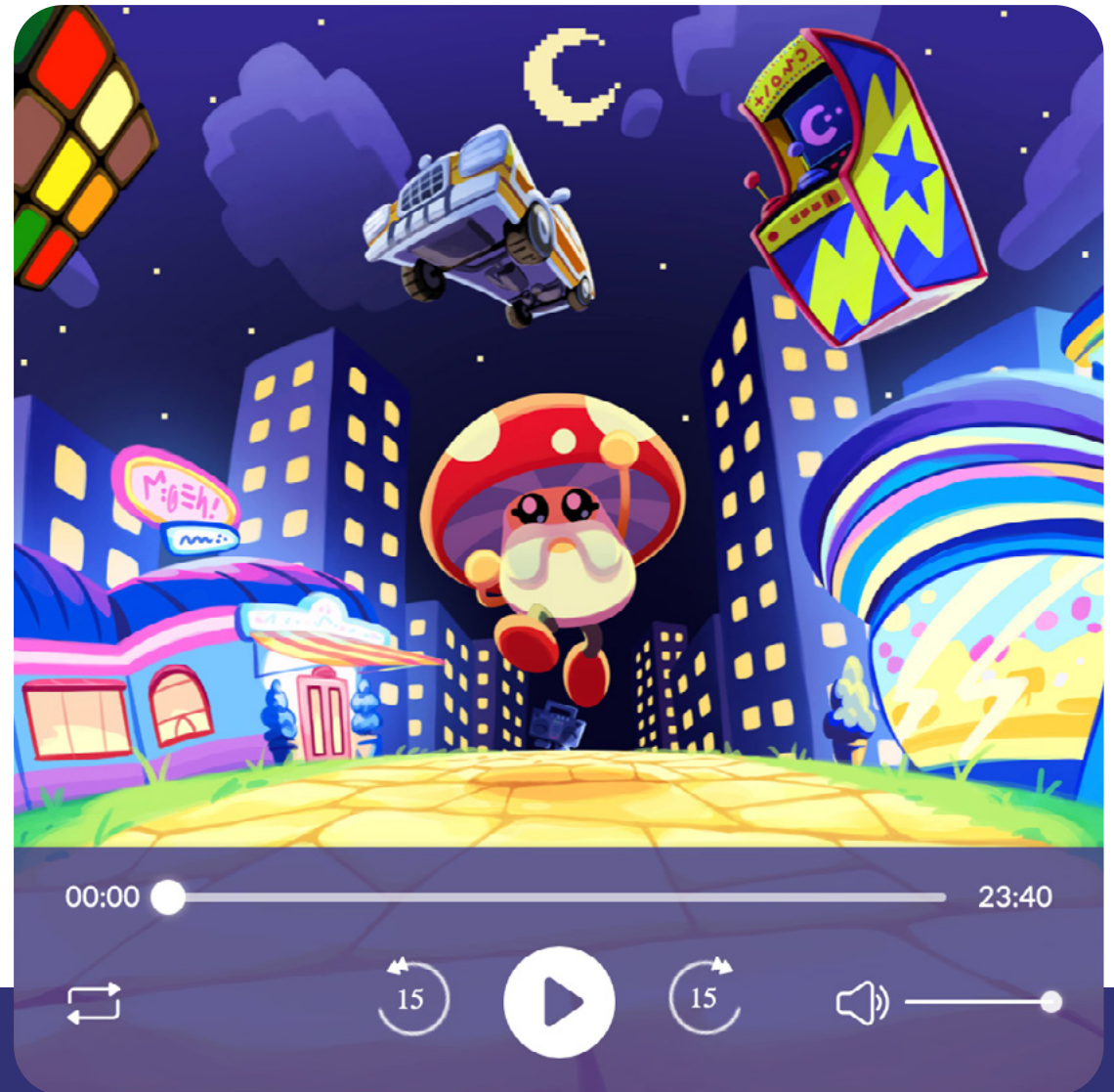
I Can:

I can seek help and listen to others to help solve my problem.



Fusty's Fabulous 80s Dream

Now we will listen to a story called 'Fusty's Fabulous 80s Dream'. This is Fusty! Click on the picture to begin listening*:



*link opens in app.
http://moshisleep.com/play/Fustys_Fabulous_80s_Dream

Today we will travel back to Eightiesville in Fusty the Fabled Fungi's dreams. Fusty loves to dream about the past when he felt very happy and had lots of friends. Back then, he loved his clothes, video games, and music.

What do you dream about?
How do you feel in the dream?
How do you feel when you wake up from the dream?

The problem is that Fusty doesn't enjoy his life right now because he is always thinking about the past. He often wakes up wishing time had not moved on. He falls asleep and goes to look for his friend, Hip Hop, in the town square. When he finds Hip Hop, he listens to what his friend has to say to help him learn to be happy in the present.

Have you ever asked a friend to help you understand something?
Have you ever asked a friend to help you with a problem?
How did your friend know you listened carefully to what they said?

After You Listen

Hip Hop told Fusty that things have changed since the 80s. He said that life now is wonderful and "just think of all you've got."

Write down a list of 3 things that are wonderful about your life right now. Can you write more than 3? Can you write 5? Or even 10?!

Prompts:

What do you have or what do you do that you really enjoy?
Who is in your life right now that you love being around?



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