

Mindfulness in the Classroom

Goldie the Mindful Moshling





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:

SOCIAL AWARENESS: The abilities to understand the perspectives of and empathize with others, including those from diverse backgrounds, cultures, & contexts. This includes the capacities to feel compassion for others, understand broader historical and social norms for behavior in different settings, and recognize family, school, and community resources and supports.

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 the mindfulness strategies of kindness, generosity, and positivity when interacting with others.

Essential Questions:

How can I use mindfulness to have positive interactions with others?

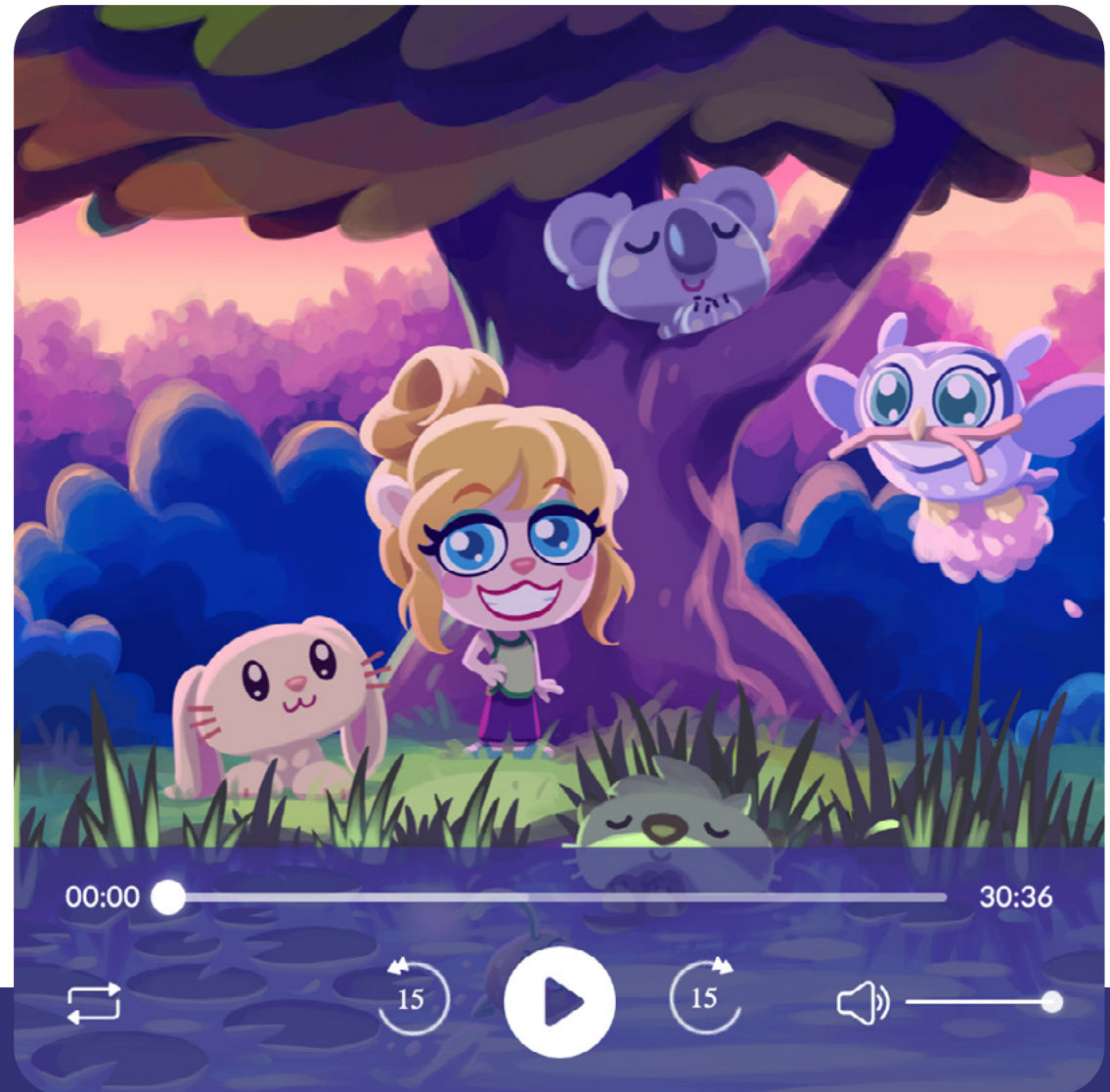
I Can:

I can use mindfulness to help me be kind, generous, and positive when interacting with others.



Goldie the Mindful Moshling

Now we will listen to a story called 'Goldie the Mindful Moshling'. This is Goldie! Click on the picture to begin listening:



http://moshisleep.com/play/Goldie_the_Mindful_Moshling

Today we join Goldie the Mindful Moshling who will guide us on a relaxing journey to find out how mindfulness and kindness go hand in hand. Goldie knows that being there when others need you is true kindness.

- What are some ways that your friends or family have helped you?
- What are some ways you could help your friends or family?

On Goldie's journey, she found Professor Feathersnooze the Owl of Nod, sharing pillows with his friends.

- What do you share with or donate to others?

Goldie sees a Glimmering Glowfish who chats with her about looking on the bright side and making others glow inside by being kind.

- How does it feel to be treated with kindness?
- How do you feel when you treat others kindly?

SleepyPaws the Snoozy Koala meets Goldie on her journey and tells her that it's good to take short breaks and breathe deeply throughout the day as a mindful practice.



- Do you take breaks?

Plan out a mindful break like Goldie and Sleepy Paws. Start and end your break with a chime or bell. Take time to breathe deeply and relax on your short break.

Goldie meets Nodkins the Bedtime Bunny who teaches her about positivity.

- How do you stay positive when you are feeling down?
- What are some ways you could look on the bright side of things when you feel down?

The final Moshling friend that Goldie meets is Yawnsy the Sleepwalking Otter who tells her he stays so content and happy. He thinks of things he's done, memories, and happy moments. He replays these memories as happy movies before he goes to sleep at night so he can have sweet dreams.

- Do you usually remember your dreams?
- What happy memories, thoughts, and moments could you replay in your mind before you go to sleep at night?



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