

# Mindfulness in the Classroom

## **Goldie's Five-Minute Brain Break**





### 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-MANAGEMENT:** The abilities to manage one's emotions, thoughts, and behaviors effectively in different situations and to achieve goals and aspirations. This includes the capacities to delay gratification, manage stress, and feel motivation & agency to accomplish personal/collective goals.

## 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 self-awareness tools such as meditation, visualization, and deep breathing to focus attention, regulate emotions, and ease away stress.

## Essential Questions:

How can I focus my attention through meditation?

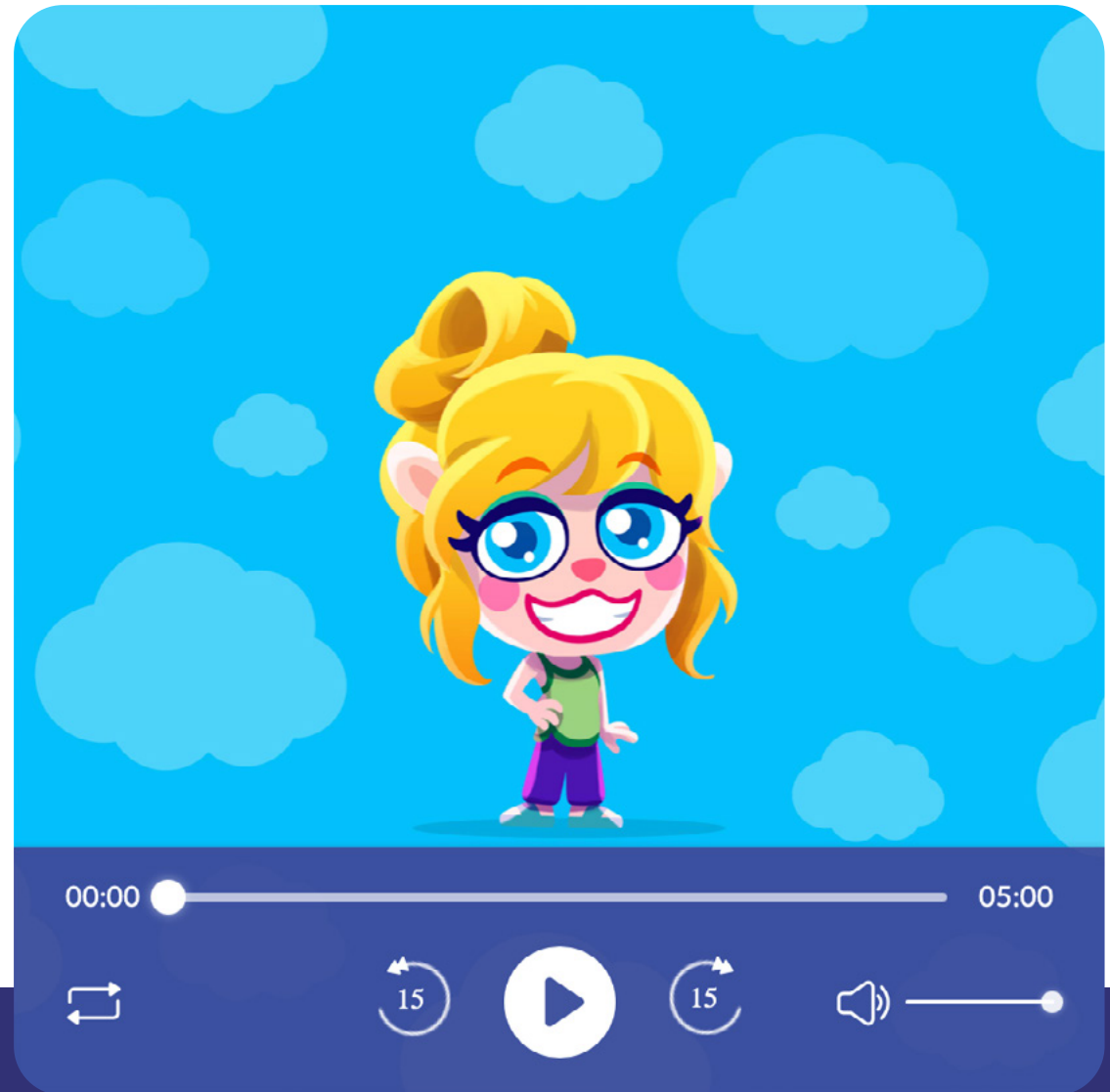
## I Can:

I can use mindfulness techniques to focus my attention.



## Goldie's Five-Minute Brain Break

Now we will listen to a meditation called 'Goldie's Five-Minute Brain Break'. This is Goldie! Click on the picture to begin listening:



[http://moshisleep.com/play/Goldies\\_FiveMinute\\_Brain\\_Break](http://moshisleep.com/play/Goldies_FiveMinute_Brain_Break)



Today we will join Goldie for a Brain Break to help us focus our attention and let go of our worries. Meditation helps our mind to focus by letting go of all other thoughts.

### **Before You Listen**

Find a comfortable spot where you can sit up tall.

Goldie showed us that meditation begins and ends with a chime. We listened to the chime until it disappeared. How could hearing a chime help you to focus or let go of your worries?

Goldie also taught us to turn our thoughts to clouds and let them drift away. What was one worry that turned into a cloud and floated away?

### **After You Listen**

Giving our brain a short break from thinking helps us focus better. How do you feel after resting your brain for 5 minutes?



The image features the word "moshi" in a white, rounded, lowercase sans-serif font. The text is centered horizontally and vertically against a background of various shades of blue. Several large, semi-transparent circles of different blue tones overlap each other, creating a layered, abstract effect. The circles vary in opacity, with some appearing more solid and others more ethereal, adding depth to the composition.

moshi