

Mindfulness in the Classroom

Inner Peace with Pablo





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. Linking feelings, values, and thoughts.

Academic Standards:

CCSS.ELA-LITERACY.W.K.8

CCSS.ELA-LITERACY.W.1.8

CCSS.ELA-LITERACY.W.2.8

With guidance and support from adults, recall information from experiences or gather information from provided sources to answer a question.

Objective:

Identifying and managing one's emotions.

Essential Questions:

How can I calm myself down and find inner peace?

I Can:

I can use mindfulness to manage my emotions.

This lesson plan includes:

Classroom Slide Presentation and Teaching Script

Home Time Activity

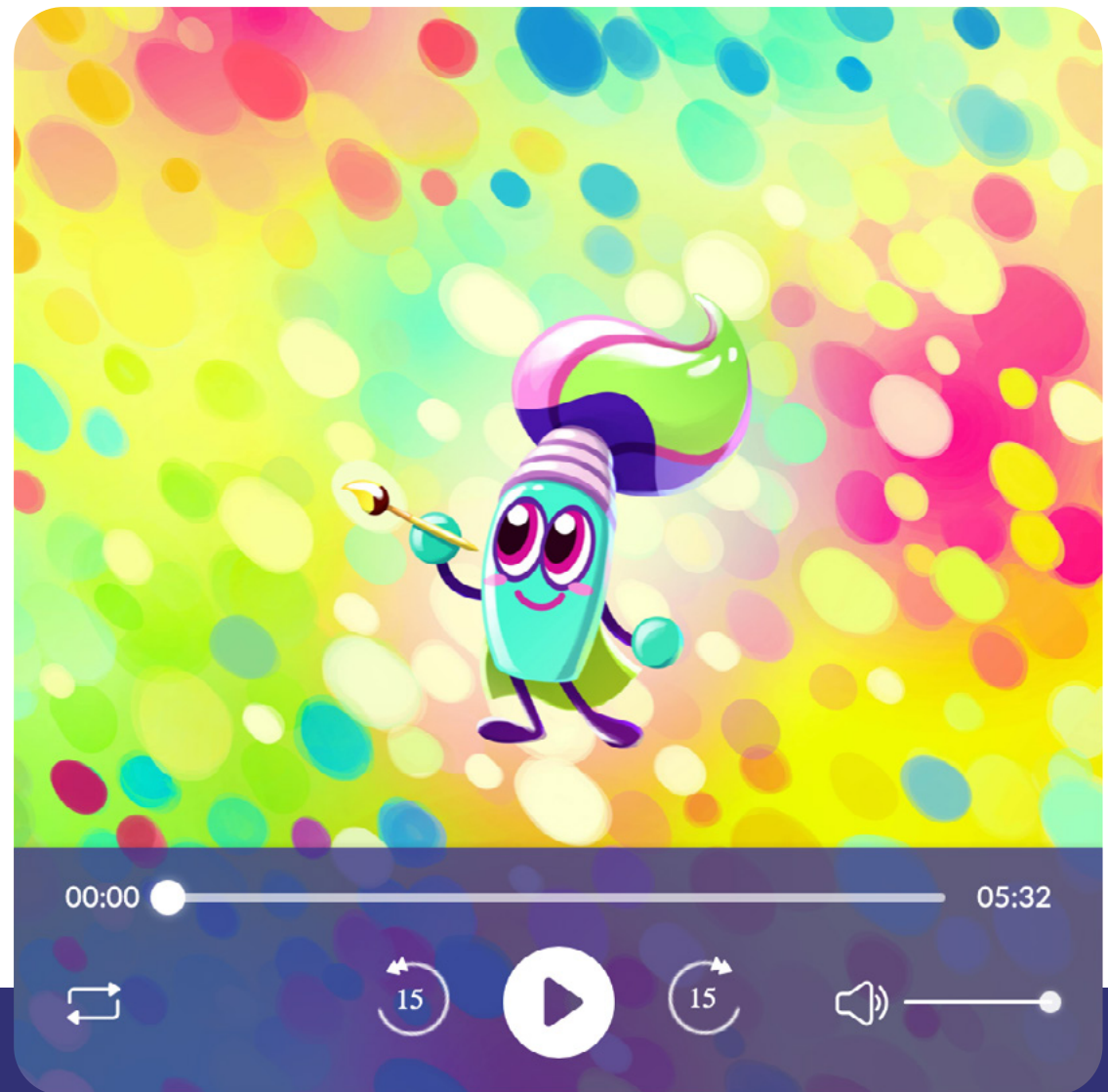
Weekly Theme Card

Mindful Teaching Tips



Inner Peace with Pablo

Now we will listen to a Moshi Moment called 'Inner Peace with Pablo'. This is Pablo! Click on the picture to begin listening:



http://moshisleep.com/play/Inner_Peace_with_Pablo

Inner Peace with Pablo

Today you will learn about Pablo and how he loves to paint.
What do you like to paint or draw?

Imagine a Place

In this story, Pablo is in a beautiful place. What is a beautiful place outside you like to be?

Pablo imagines a meadow. A meadow is a field where grass grows and insects and small animals live.

Be a Tree!

Today you will sit up like a tall tree. Sit or stand and make yourself tall like a tree in your own space. Stretch and feel yourself standing or sitting straight.

What does it feel like to stand or sit up straight?

After You Listen

How did you feel after you heard Pablo's story?

What did Pablo's meadow look like in your mind?
Write about it or draw it now.



The word "moshi" is written in a white, rounded, lowercase sans-serif font. It is centered horizontally and vertically against a background of overlapping, semi-transparent circles in various shades of blue and purple. The circles create a layered, abstract effect behind the text.

moshi