

# Mindfulness in the Classroom

## **Jinx the Magnificent Sphinx**





### **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.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 relationship skills to communicate effectively with others.

## **Essential Questions:**

How can I communicate effectively with others?

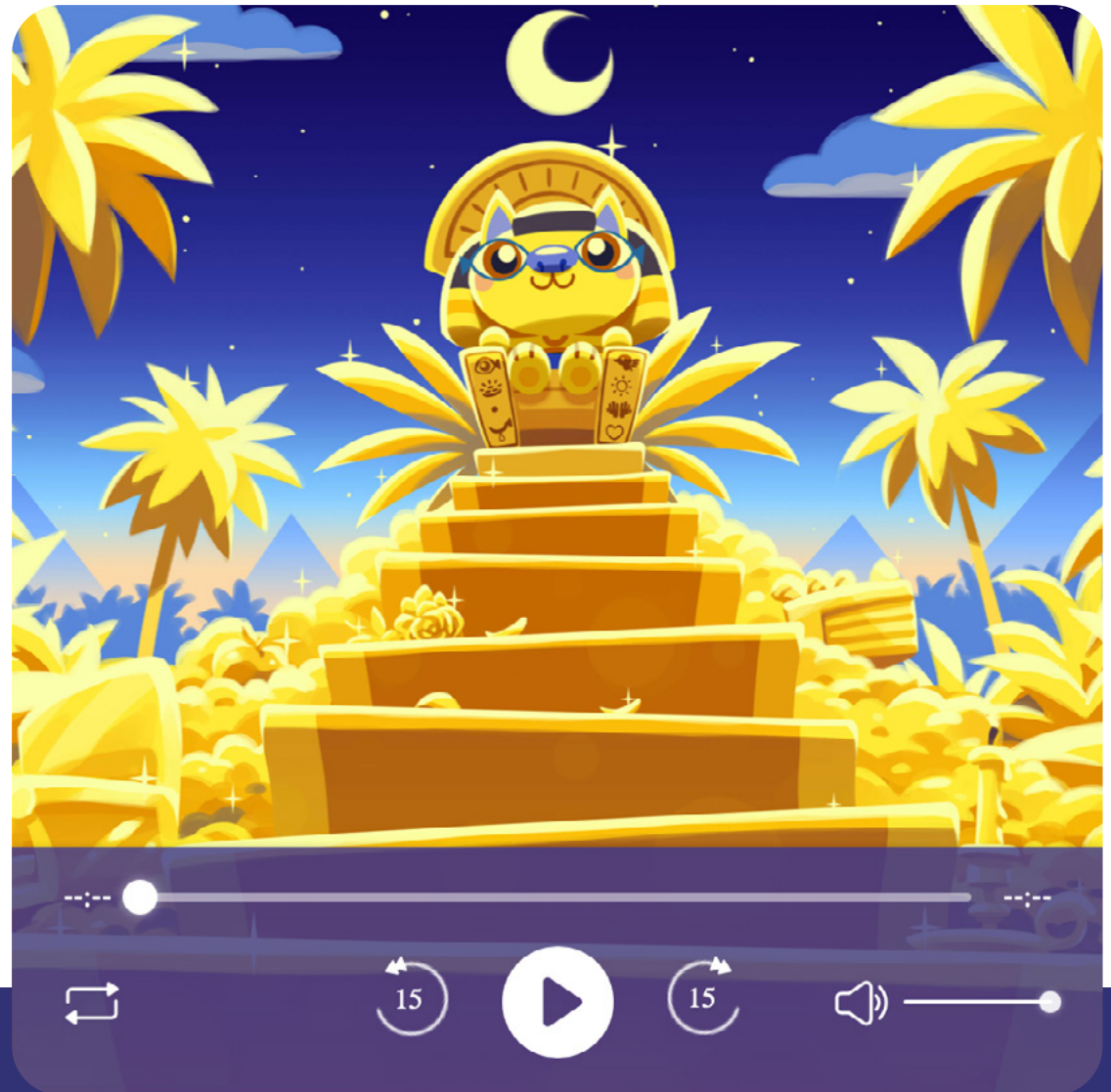
## **I Can:**

I can communicate effectively with others.



## Jinx the Magnificent Sphinx

Now we will listen to a story called 'Jinx the Magnificent Sphinx'. This is Jinx! Click on the picture to begin listening:



[http://moshisleep.com/play/Jinx\\_the\\_Magnificent\\_Sphinx](http://moshisleep.com/play/Jinx_the_Magnificent_Sphinx)

Today we will journey to an ancient desert kingdom to meet a royal pharaoh named Jinx, The Magnificent Sphinx. Jinx was a great leader who helped others, but he had one flaw. Sometimes he was greedy even though he had everything. One day a traveling wizard came to his kingdom and granted him one wish.

If you had one wish, what would it be? (And you can't wish for more wishes!)

### After You Listen

Jinx's wish ended up feeling more like a curse, so he went to find the traveling wizard. When Jinx found the wizard, he asked him to reverse the wish. The wizard was confused – he gave Jinx exactly what he asked for. Jinx didn't think about how his wish would impact his life, all he wanted was more riches.

If Jinx had clearly communicated with the traveling wizard, he would have been in a much different spot.

With a partner, sit back to back. One person will be given a card with an object on it and the other person will have a blank piece of paper. The person with the card will describe what is on it with their words and the other person will try to draw it. When done, compare the card and drawing. Then switch roles and try again with a new card.





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