

# Mindfulness in the Classroom

## **Keep Lurgee Away**





### 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:**

**RESPONSIBLE DECISION-MAKING:** The abilities to make caring and constructive choices about personal behavior and social interactions across diverse situations. This includes the capacities to consider ethical standards and safety concerns, and to evaluate the benefits and consequences of various actions for personal, social, and collective well-being.

**Academic Standards:**

CCSS.ELA-LITERACY.W.K.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.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 responsible decision making regarding personal hygiene.

**Essential Questions:**

What are ways I can stay healthy?

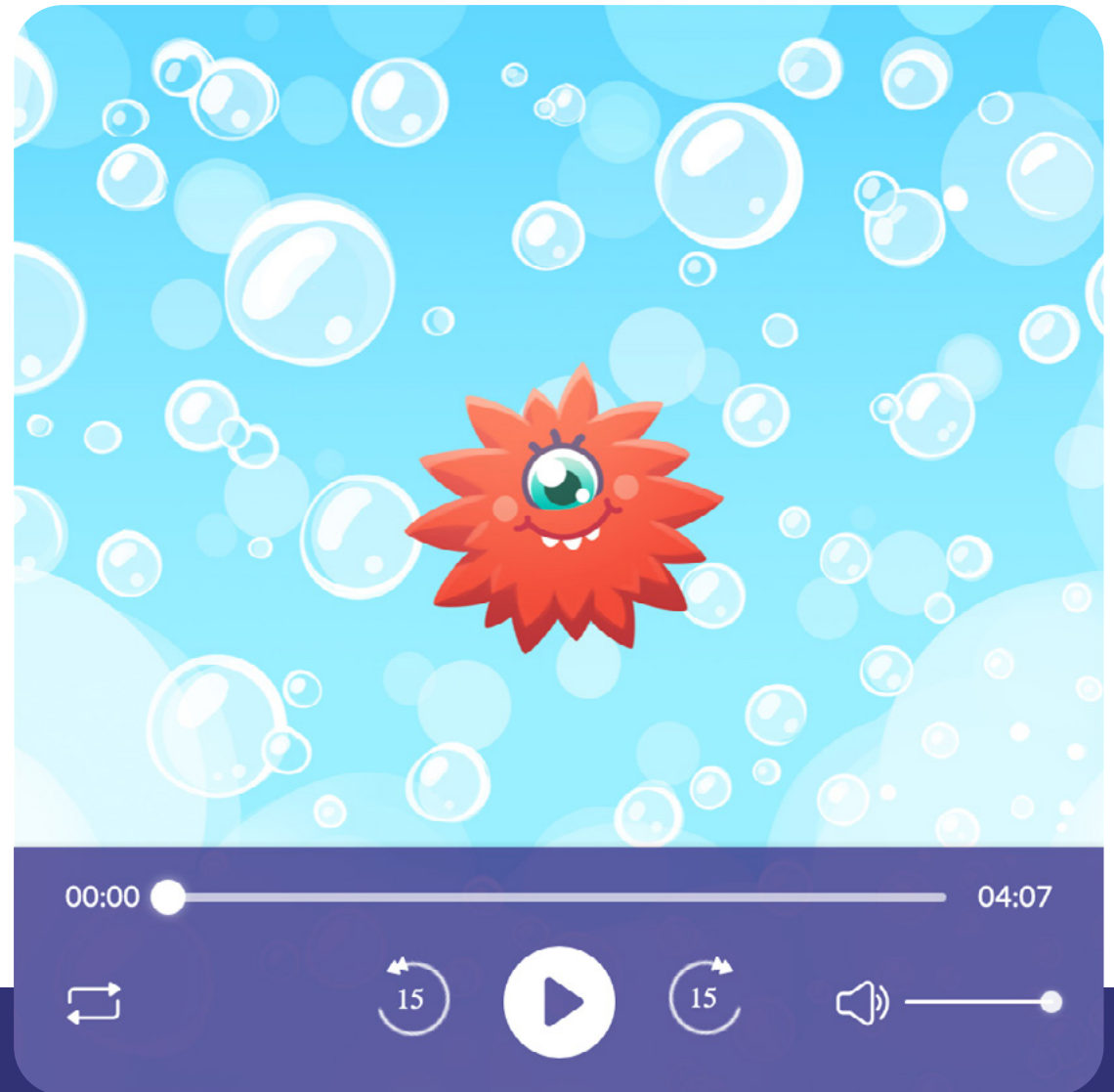
**I Can:**

I can wash my hands to keep germs away.



## Keep Lurgee Away

Now we will listen to a meditation called 'Keep Lurgee Away'. This is Lurgee! Click on the picture to begin listening:



[http://moshisleep.com/play/Keep\\_Lurgee\\_Away](http://moshisleep.com/play/Keep_Lurgee_Away)

Today we will learn how to stay away from Lurgee the Sniffly Splurgee. Washing our hands helps keep germs like Lurgee away so we do not get sick. Everyone gets sick at some time.

- Do you remember the last time you were sick?
- Did you sneeze, cough, or sniffle?
- How did your body feel?

Have students play act what they are like when they are sick and when they are healthy.

### After You Listen

When you cough or sneeze you get Lurgee on your hands. Washing your hands for twenty seconds with warm water and soap keeps you from passing on Lurgee to your friends and family. Count together while you pretend to wash your hands. What short, fun songs could you sing while you wash your hands? Choose someone to sing and someone to count as you figure out the best way to keep Lurgee away!





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 consists of several overlapping circles in various shades of blue, ranging from a deep navy blue to a bright, vibrant blue. The circles are semi-transparent, creating a layered effect. The overall composition is clean and modern.

moshi