

Mindfulness in the Classroom

Lubber and the Sub-Zero Hero





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.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 relationship skills to build and strengthen friendships.

Essential Questions:

How can I work in a positive way with my friends?

I Can:

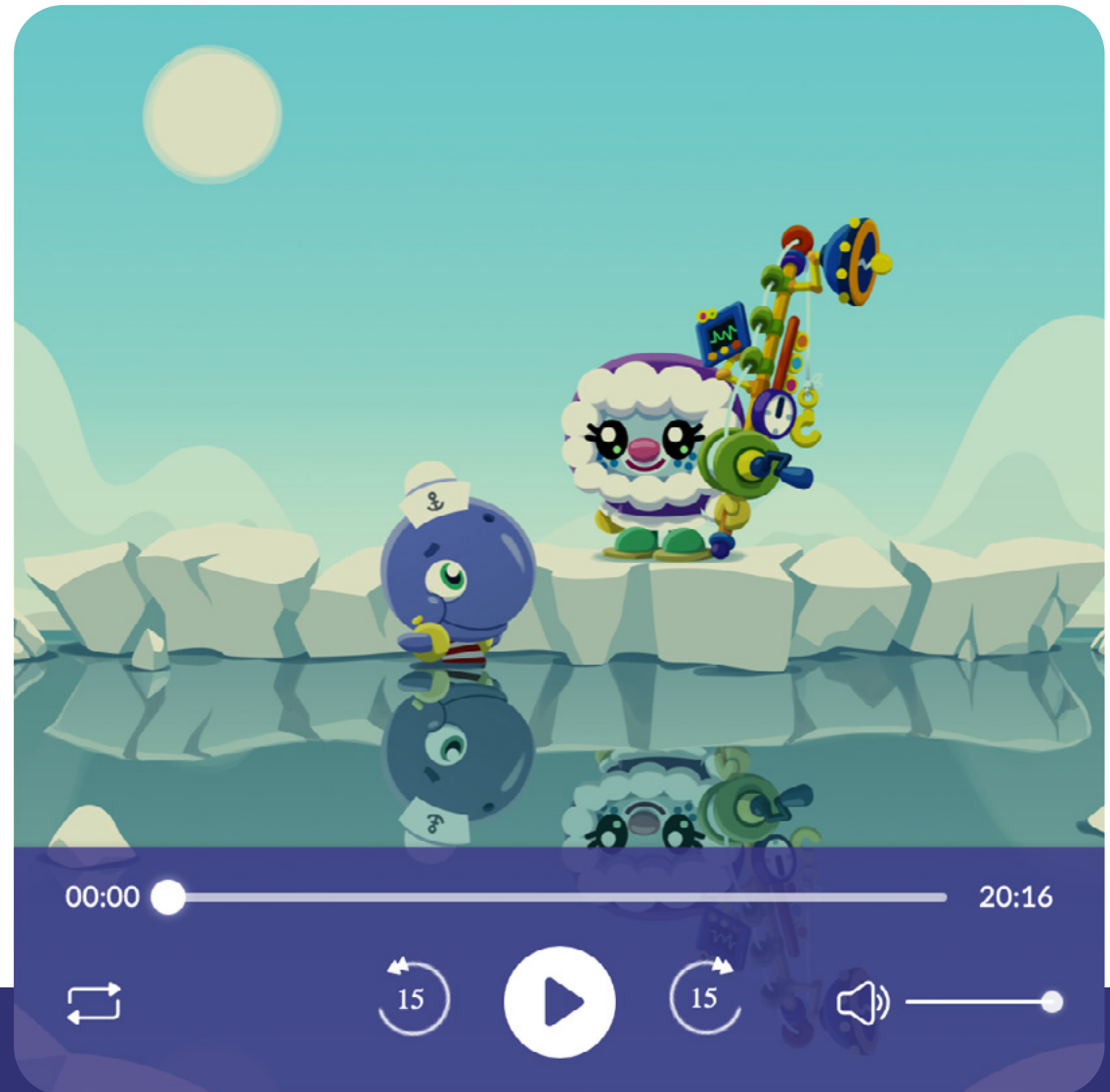
I can cooperate with others.

I can be empathetic to others.



Lubber and the Sub-Zero Hero

Now we will listen to a story called 'Lubber and the Sub-Zero Hero'. This is Lubber the Whimsical Whale! Click on the picture to begin listening:



http://moshisleep.com/play/Lubber_and_the_Sub_Zero_Hero

Today you will take a journey to the cold land of Frostipop and meet Lubber the Whimsical Whale. Here Lubber meets Otto the Sub-Zero Hero, who asks for his help to spread an eco message across the world. Otto has a magic fishing pole that measures all kinds of things and he is worried about changes in the ice.

Lubber helps to spread the eco message.

What eco message would you like to help spread to the world?

What are some ways we can take care of our world?

Lubber works with his friend to help stop the ice caps from melting.

What friend do you like to work with?

When have you worked together with a friend to solve a problem?

After You Listen

Lubber becomes worried about his new friend, Otto, so he goes to see him. When he gets there, he finds Otto has left him a special gift of the magic pole.

Have you ever received a special gift from a friend?

- What was it?
- How did it make you feel?

Have you ever given a special gift to a friend?

- What made it special?
- How did your friend react to the gift?



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' is particularly rounded, and the 'i' has a simple dot. The text is centered horizontally and vertically against a background of overlapping, semi-transparent circles in various shades of blue and purple, creating a layered, abstract effect.

moshi