

Mindfulness in the Classroom

Magical Moshlight Body Scan





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.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:

To use a new self-management technique to help increase focus and awareness while managing stress.

Essential Questions:

How can I learn about ways to reduce stress in my body?

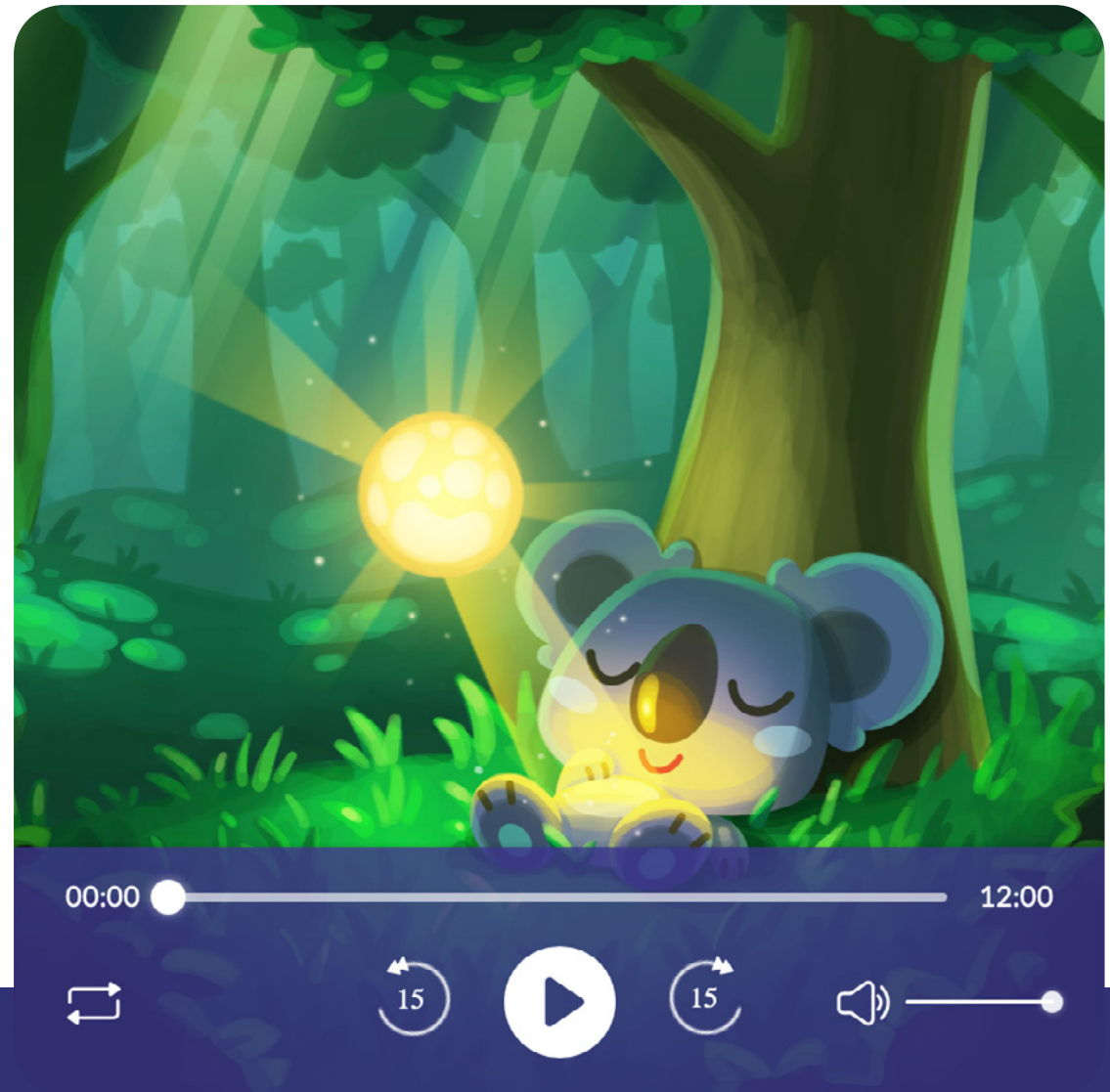
I Can:

I can practice new ways to reduce my stress and increase awareness of my body.



Magical Moshlight Body Scan

Now we will listen to a meditation called 'Magical Moshlight Body Scan'. This is SleepyPaws! Click on the picture to begin listening:



http://moshisleep.com/play/Magical_Moshlight_Body_Scan

In the world of Moshi, there is magic everywhere! A Snoozy Koala Moshling named SleepyPaws is going to show us how we can use the magic of the Moshi world to help our entire body feel energized, focused, and stress free.

Before You Listen

Find a comfortable spot where you can lie down and rest your head.

After You Listen

Hand students an outline of the human body and ask them to fill in the spaces where they felt the white light was needed the most.

- Do you feel relaxed or energized after doing a body scan meditation?
- What was your favorite part of doing a body scan?
- When could you use a body scan to help you feel relaxed or give you a boost of energy?



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