

Mindfulness in the Classroom

Mini Ben's Tick-Tock Tale





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:

Use self-management to effectively manage behavior.

Essential Questions:

How can I effectively manage my own behavior?

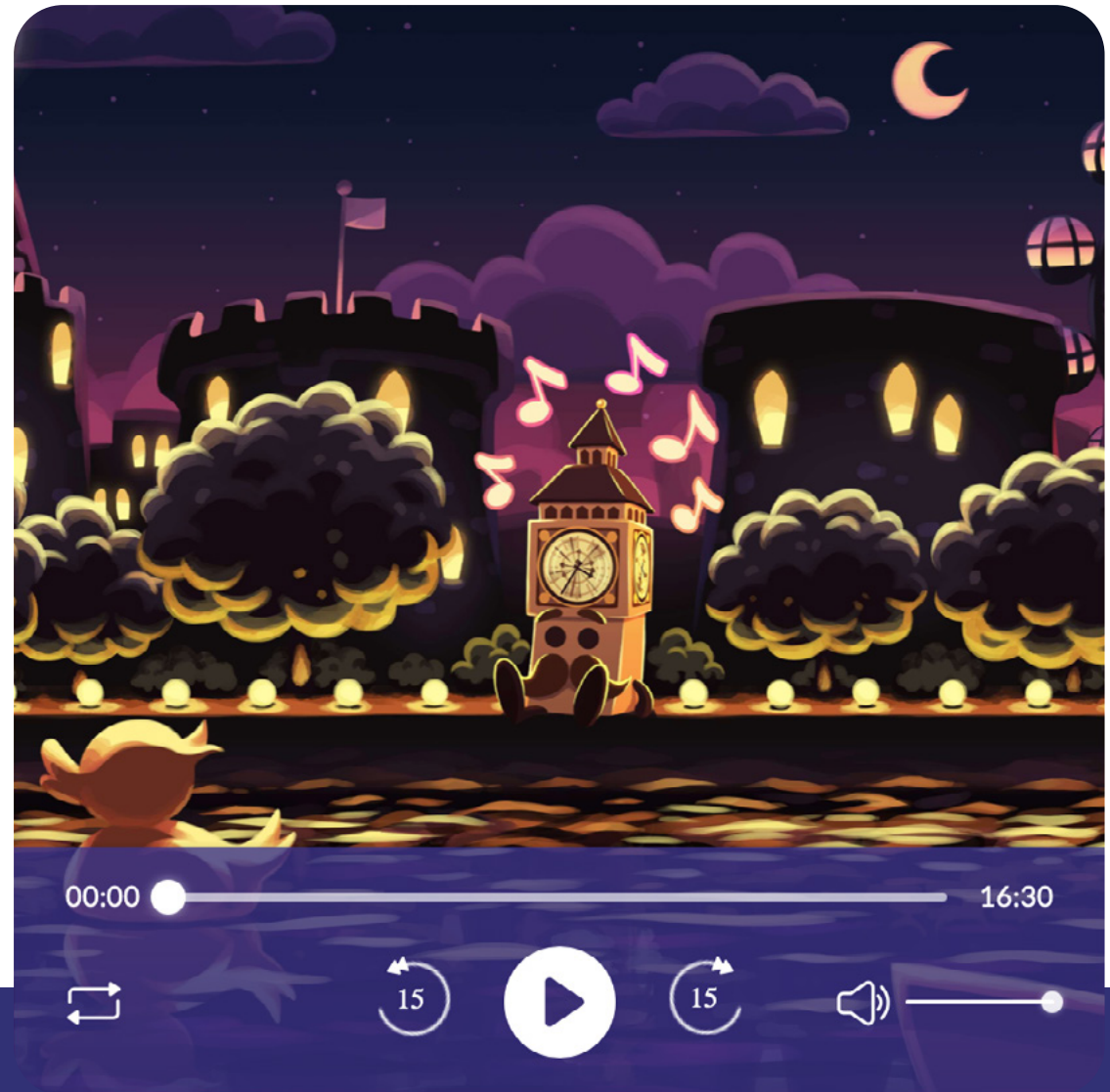
I Can:

I can effectively manage my own behavior.



Mini Ben's Tick-Tock Tale

Now we will listen to a story called 'Mini Ben's Tick-Tock Tale'. This is Mini Ben! Click on the picture to begin listening:



http://moshisleep.com/play/Mini_Bens_Tick-Tock_Tale_v1

Today we will meet a Teeny TickTock clock tower named Mini Ben who goes to bed too late. He has a hard time winding down after a fun-filled busy day. Settling down can be hard to do especially when you are excited. At night and during school time, it is important to learn how to settle down.

- What are some ways your teacher indicates it is time to calm down?
- How do you calm down in school when you are excited to be with your friends?
- What happens if you are not able to calm down in the classroom?

After You Listen

Mini Ben loves to clong his bells and ring his chimes. His noisy tick-tock tunes can be heard all over the town. Mini Ben also hears lots of noise in his head when he starts to drift off to sleep.

Grab a percussion instrument and let's practice quieting all the bings and chimes. When the sun is up, be noisy, clanging and chiming like Mini Ben and then when the moon is held up, it is time to be quiet and pretend to sleep.

Teachers: Have a sun and a moon printed or drawn on a piece of paper. Hold them up and let the students be noisy and then be silent. Alternate the sun and moon, letting the students practice settling down.



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 on the page.

moshi