

Mindfulness in the Classroom

Morgan's Lighthouse Lullaby





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 seek or offer support and help when needed.

Essential Questions:

How can I seek or offer support when needed?

I Can:

I can seek or offer support when needed.



Morgan's Lighthouse Lullaby

Now we will listen to a story called 'Morgan's Lighthouse Lullaby'. This is Morgan! Click on the picture to begin listening:



http://moshisleep.com/play/Morgans_Lighthouse_Lullaby

Before You Listen

Today we find ourselves in a tall, slender home beside the sea with Morgan, the loneliest lighthouse keeper. Morgan warns the ships of danger and helps guide them to safety, but he is all alone.

- Does Morgan have any friends?
- How would it feel to not have any friends?
- How do you feel when you are alone?

After You Listen

When Morgan makes friends with Tiki the Pilfering Toucan, he shares his desire to leave the lighthouse and experience the world. Tiki supports his new friend by offering to help take care of the lighthouse while Morgan takes a break and sees the world. Tiki and Morgan are good friends to one another.

How can you be a good friend through your words and actions? With a partner, make a list of ways that you can be a good friend. Maybe it is by sharing your lunch if your friend forgot theirs, letting your friend play with your favorite toy, or giving them a high-five when they do something great.



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