

Mindfulness in the Classroom
Moshi Bubble Relaxation
Older Learners 3rd to 5th Grade





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.

Academic Standards:

CCSS.ELA-LITERACY.SL.3.2

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.

CCSS.ELA-LITERACY.SL.4.2

Paraphrase portions of a text read aloud or information presented in diverse media and formats, including visually, quantitatively, and orally.

CCSS.ELA-LITERACY.SL.5.2

Summarize a written text read aloud or information presented in diverse media and formats, including visually, quantitatively, and orally.

Objective:

Use visualization as a stress management technique.

Use stress management techniques to manage emotions.

Essential Questions:

What is visualization?

How can I use visualization to manage my emotions?

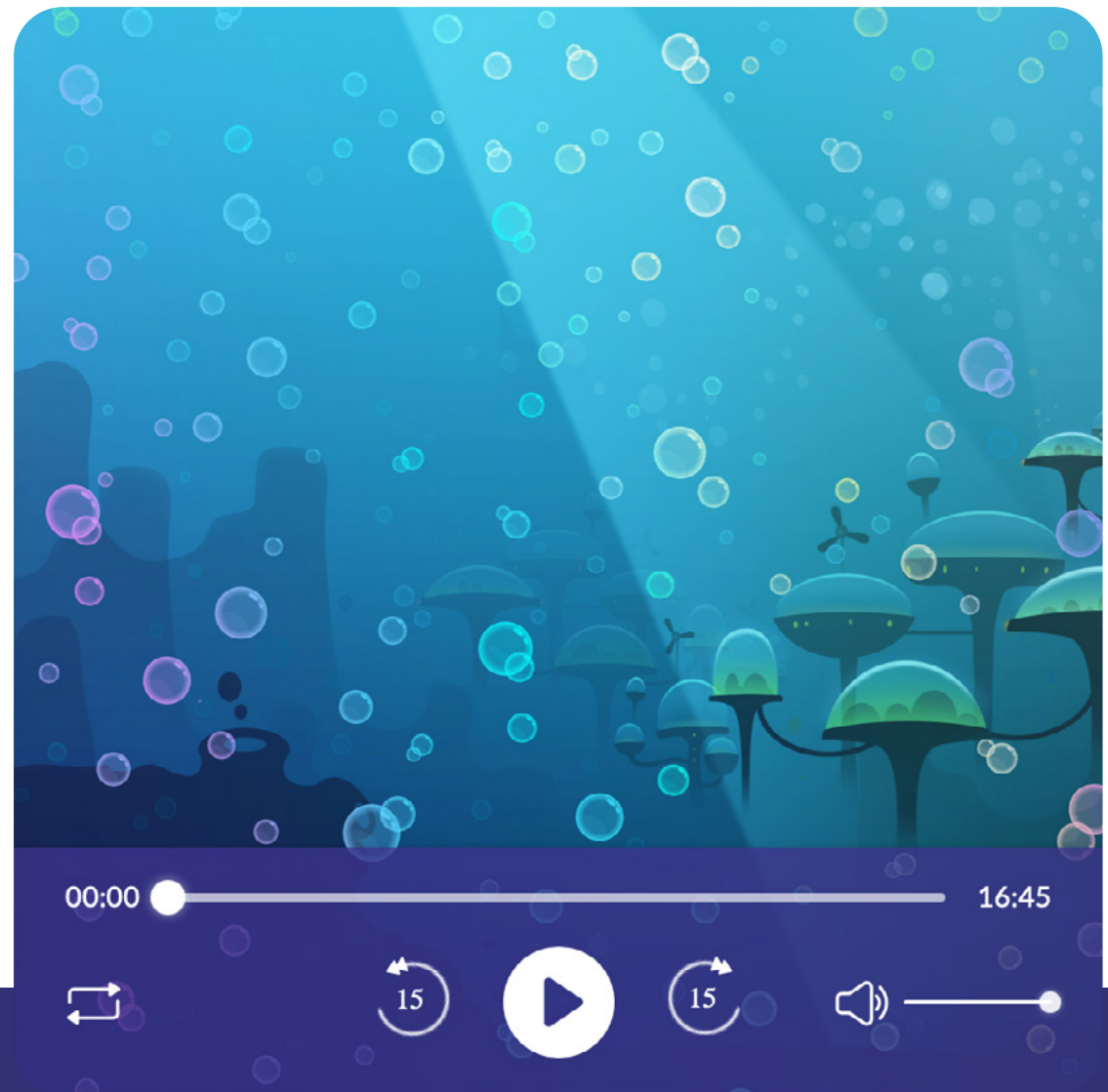
I Can:

I can use the mindfulness technique of visualization to manage my emotions.



Moshi Bubble Relaxation

Now we will listen to a meditation called 'Moshi Bubble Relaxation'. Click on the picture to begin listening:



http://moshisleep.com/play/Moshi_Bubble_Relaxation_v1

Today we will continue on our journey to mindfulness with a guided visualization. Journey to mindfulness and do a guided visualization. Visualizing is picturing something in your mind. We will use our imaginations to bring us to wonderful places like the Magical World of Moshi. You will get a chance to be creative and see where your imagination takes you. When we imagine a calm, safe, and quiet place, it can put our minds at ease.

Let's practice picturing a place that we like to be. You can think about the place in your mind. Close your eyes and picture this place. Think about how it looks, how it feels, and how it sounds to be there. Make a clear picture in your mind. This is visualization. Today we will visualize a calming place with the Moshlings.

Get Ready to Listen

Settle in and relax your body. You are invited to close your eyes and imagine as you listen to Moshi Bubble Relaxation.

After You Listen

How do the Moshlings use their imaginations to relax?

How do you feel after your visualization?

Write about your experience now.

What did you imagine?

How did you feel?

What are the details you remember about your visualization?

When could you use a calming visualization to help you relax?



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 soft, abstract pattern.

moshi