

Mindfulness in the Classroom
Mr. Snoodle's Moshi Moodlifter





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-AWARENESS: The abilities to understand one's own emotions, thoughts, and values and how they influence behavior across contexts.

SELF-MANAGEMENT: The abilities to manage one's emotions, thoughts, and behaviors effectively in different situations.

Academic Standards:

CCSS.ELA-LITERACY.W.K.8

CCSS.ELA-LITERACY.W.1.8

CCSS.ELA-LITERACY.W.2.8

With guidance and support from adults, recall information from experiences or gather information from provided sources to answer a question.

Objective:

Identifying and managing one's emotions.

Essential Question:

How can I use mindfulness to identify my emotions and change my mood?

This lesson plan includes:

Classroom Slide Presentation and Teaching Script

Home Time Activity

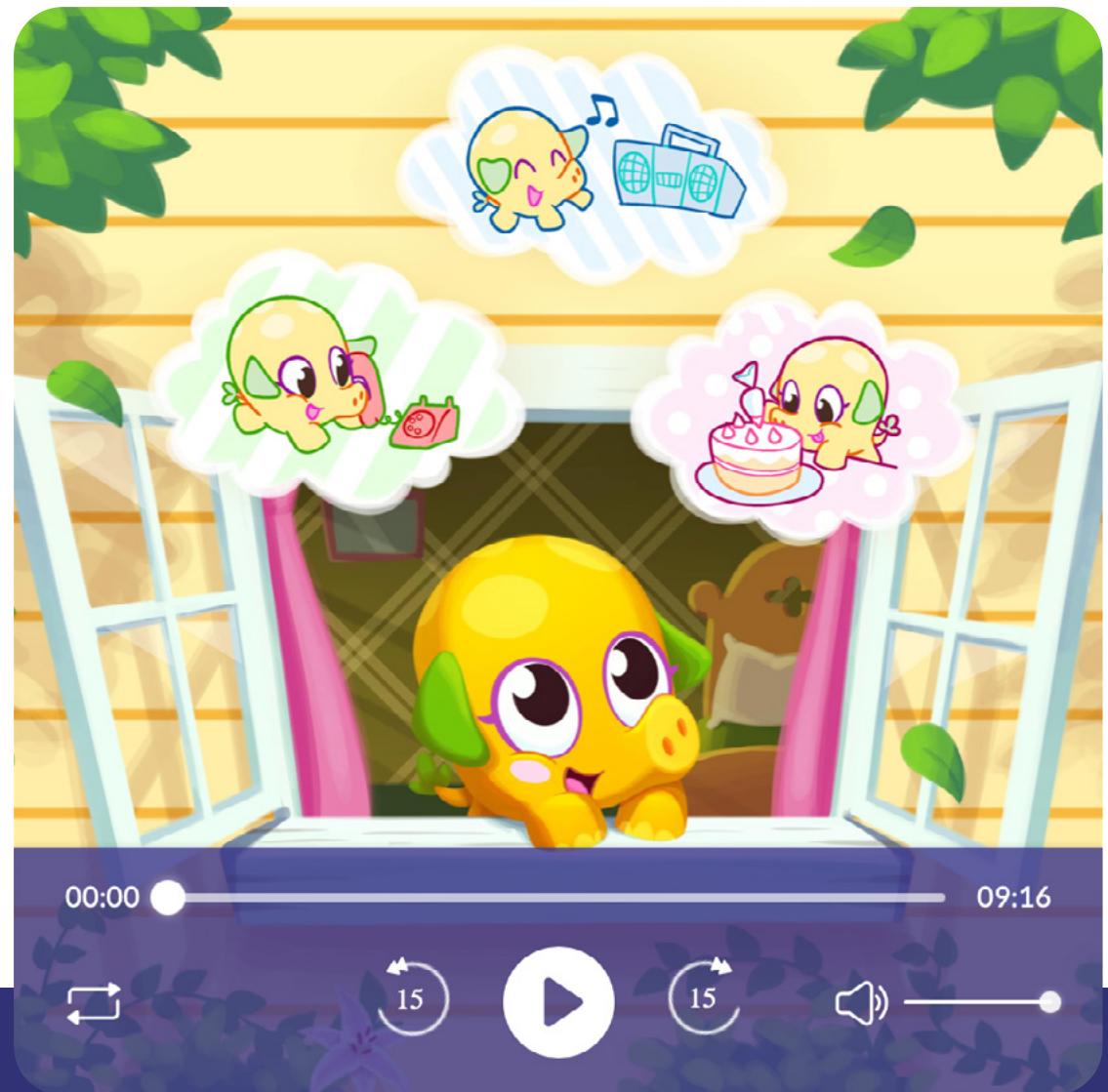
Weekly Theme Card

Mindful Teaching Tips



Mr. Snoodle's Moshi Moodlifter

Now we will listen to a Meditation called 'Mr. Snoodle's Moshi Moodlifter'. This is Mr. Snoodle! Click on the picture to begin listening:



http://moshisleep.com/play/Mr_Snoodles_Moshi_Moodlifter/

Mr. Snoodle's Moshi Moodlifter

Everyone feels sad or upset at times. Today we will learn about shifting and lifting our moods with Mr. Snoodle the Silly Snuffler. When you feel sad, bored, or lonely you feel 'down' but with a little help from Mr. Snoodle you can lift your mood!

What's Your Mood?

Mr. Snoodle thinks about what mood he is in. Your mood is how you are feeling. What kind of mood are you in right now? You are invited to think about it, draw a picture of it, or write about it now.

Work It Out!

Mr. Snoodle loves to take his mind off of what he is worrying about. He likes to play a game or exercise to lift his mood. Exercise fills Mr. Snoodle with positive energy.

What kinds of exercise do you like to do?



Lending a Helping Hand

What are some things you do to help others? What else could you do? How does it feel to help someone?

What makes you jump for Joy?
What brings you joy and makes you happy?

Time to Listen!

Get ready to listen!
Get comfortable...
Get settled...
Get ready to hear Mr. Snoodle's Moshi Moodlifter!

After You Listen

Think about your mood before you listened to Mr. Snoodle's Moodlifter. What is your mood now?



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