

Mindfulness in the Classroom

No More Nerves with Ivy





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 skills to manage stress by learning to control emotions.

Essential Questions:

How can I calm myself when I feel nervous?

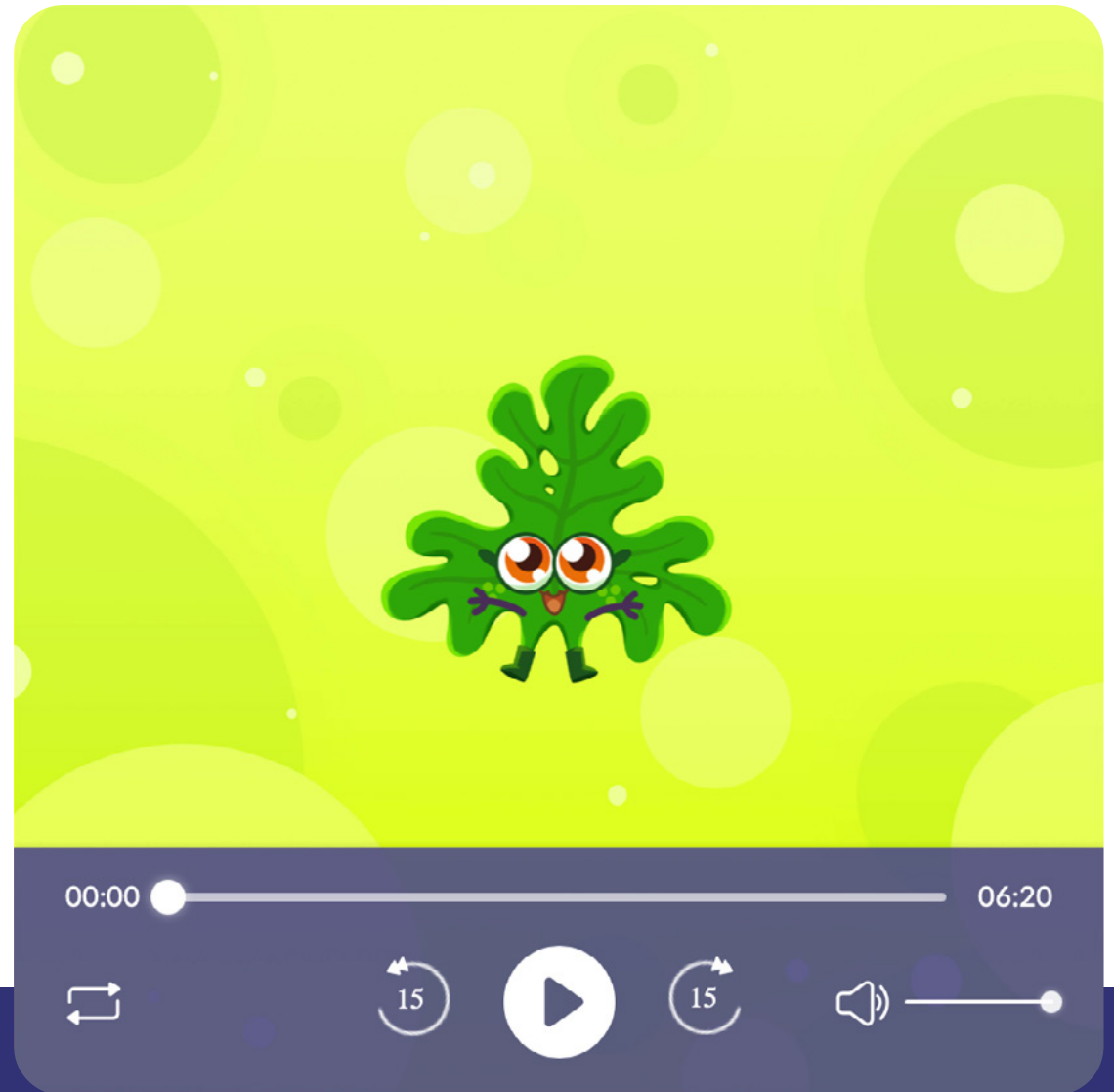
I Can:

I can calm myself when I feel nervous.



No More Nerves with Ivy

Now we will listen to a Moshi Moment called 'No More Nerves with Ivy'. This is Ivy! Click on the picture to begin listening:



http://moshisleep.com/play/No_More_Nerves_With_Ivy

Today we will travel deep into the Wobbly Woods to meet a Shivery Quivery Moshling named Ivy. Ivy looks like a leaf and sometimes shakes when she becomes very nervous. One way Ivy helps to calm herself is by listening to the noises around her. Let's be very quiet for one full minute and listen.

- What sounds did you hear?
- Was it hard to stay quiet for one full minute?

After You Listen

Ivy looks just like a leaf on a tree. There are many different types of leaves, which one does Ivy look like to you?

Using construction paper, cut out a leaf. Add eyes and arms to create your own creative version of Shivery Quivery Moshlings.

Have students shake Ivy to show how nervous she is and then take calming deep breaths for her to relax. Alternate between shaking/nervous and calm/breathing.

Teachers, save time by pre-printing the leaf for students to cut out rather than designing their own.



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