

Mindfulness in the Classroom

Pizmo Saves the Planet





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:

RESPONSIBLE DECISION-MAKING: The abilities to make caring and constructive choices about personal behavior and social interactions across diverse situations. This includes the capacities to consider ethical standards and safety concerns, and to evaluate the benefits and consequences of various actions for personal, social, and collective well-being.

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 responsible decision-making to make ethical choices for the environment.

Essential Questions:

How can I make good decisions for the environment?

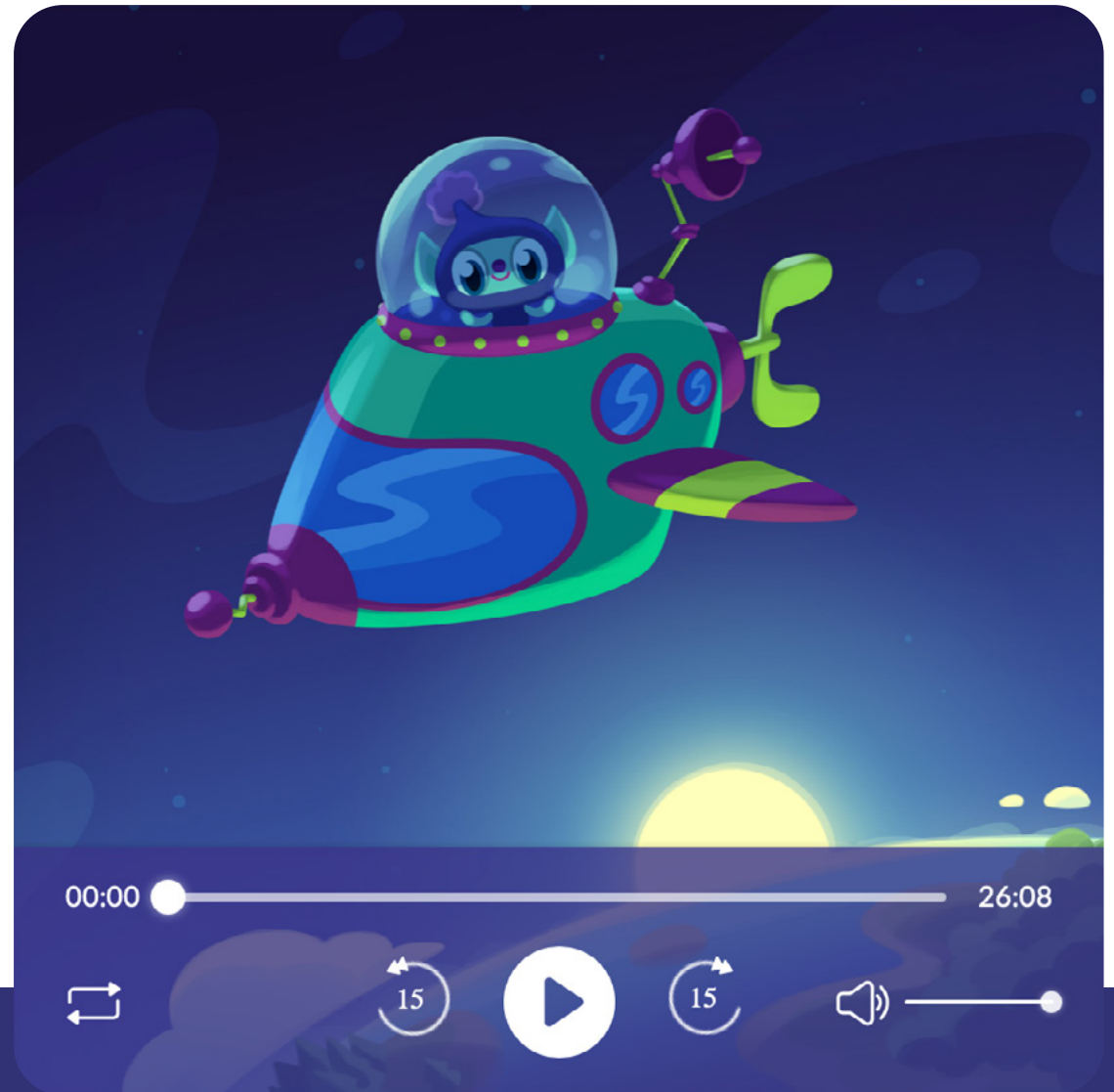
I Can:

I can make good decisions for the environment.



Pizmo Saves the Planet

Now we will listen to a story called 'Pizmo Saves the Planet'. This is Pizmo! Click on the picture to begin listening:



http://moshisleep.com/play/Pizmo_Saves_the_Planet

Pizmo the Perky Pixinaut's world is sick and he needs to figure out how to save it, so Pizmo puts on his purple space suit and heads into outer space. He ends up on a planet lush and green only to learn that he went back in time! Then Pizmo ends up in the future where the planet is unhealthy.

Let's brainstorm ways we can help clean up the land, air, and water. As a class, make a list of ways that students can help to clean up the environment.

Pick one as a class to focus on completing in order to help the environment.

When Pizmo was stranded, he remembered he could return home by making a wish using the bobble on his hat.

What one magical wish would you make for the world if you had a squishy bobble?



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