

# Mindfulness in the Classroom

## **Popov the Dancing Dinkinov**





### **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, be curious and open minded in order to connect with others.

**Essential Questions:**

How can I be open minded to connect with other people?

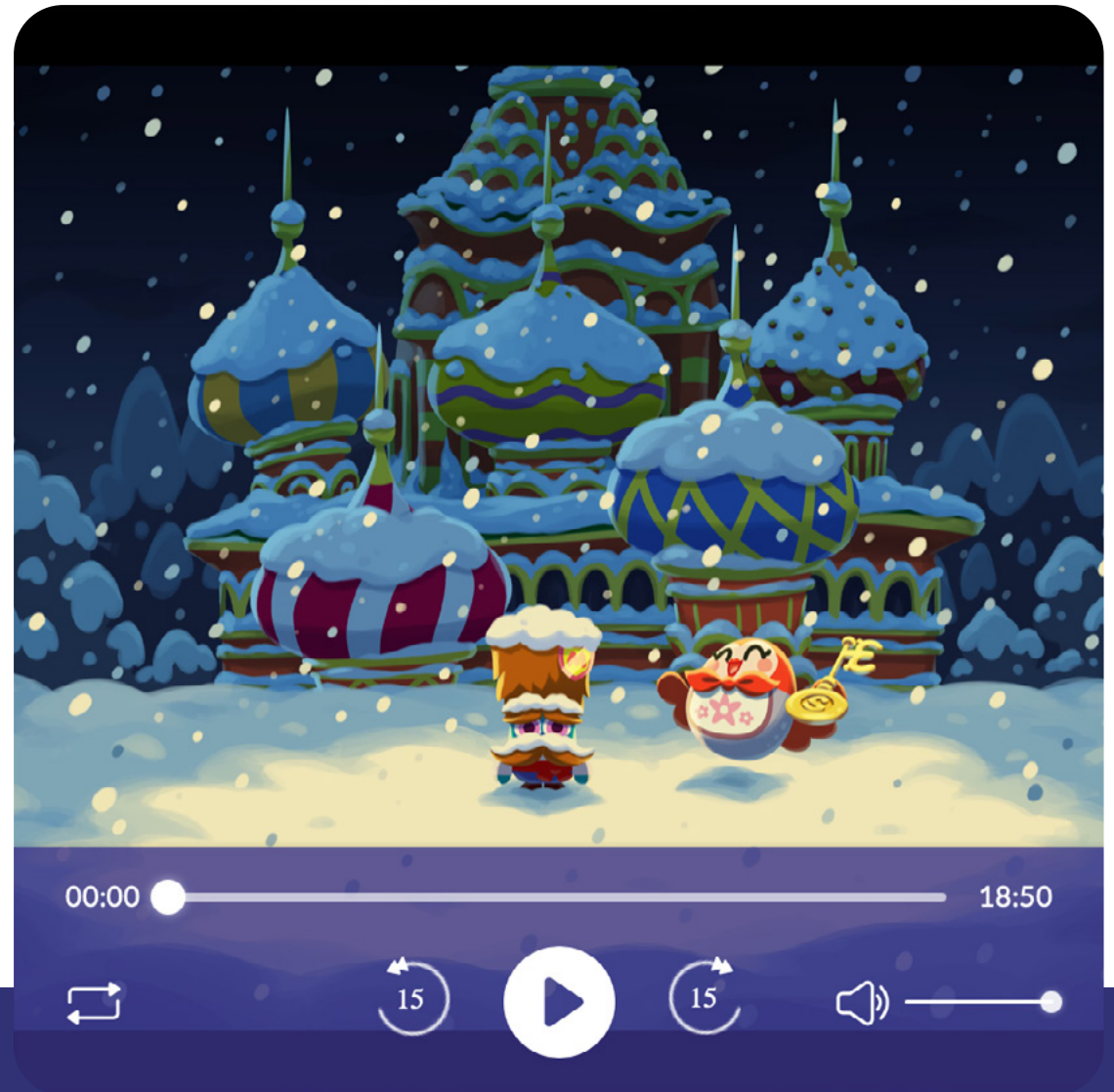
**I Can:**

I can be open minded to connect with other people.



## Popov the Dancing Dinkinov

Now we will listen to a story called 'Popov the Dancing Dinkinov'. This is Popov! Click on the picture to begin listening:



[http://moshisleep.com/play/Popov\\_the\\_Dancing\\_Dinkinov](http://moshisleep.com/play/Popov_the_Dancing_Dinkinov)



## Before You Listen

Today we find ourselves in Moshikov with a very serious Dancing Dinkinov named Popov. He refuses to dance the Moshikoff or hum or sing to stay warm. Popov thinks that a guard of the palace should not act so silly, but secretly he wants to dance the Moshikoff!

- Is there something you secretly want to do or try to do?
- Have you ever chosen not to do something because you thought it was too silly or embarrassing?

## After You Listen

Yana the Bobbly Wobbllov danced up to Popov and offered to help him stay warm by dancing the Moshikoff. Popov decided to open his mind and tap his foot. Before he knew it, he was dancing the Moshikoff and was finally warm. Popov had to sit outside of his comfort zone and try something in order to connect with Yana. When he decided to dance, they had that in common.

We all have things in common with other people. Let's see how much we all have in common in our classroom. We will look past our differences and see the person, just like Yana did with Popov.

Find one thing in common with each person in the class. Write their name on a piece of paper and what you have in common next to it. The challenge is that you can't write the same thing twice!



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