

# Mindfulness in the Classroom

## **Roswell's Cosmically Calming Vacuum Cleaner**





### 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 to identify and apply stress management strategies.

**Essential Questions:**

How can I identify and use different strategies for stress-management?

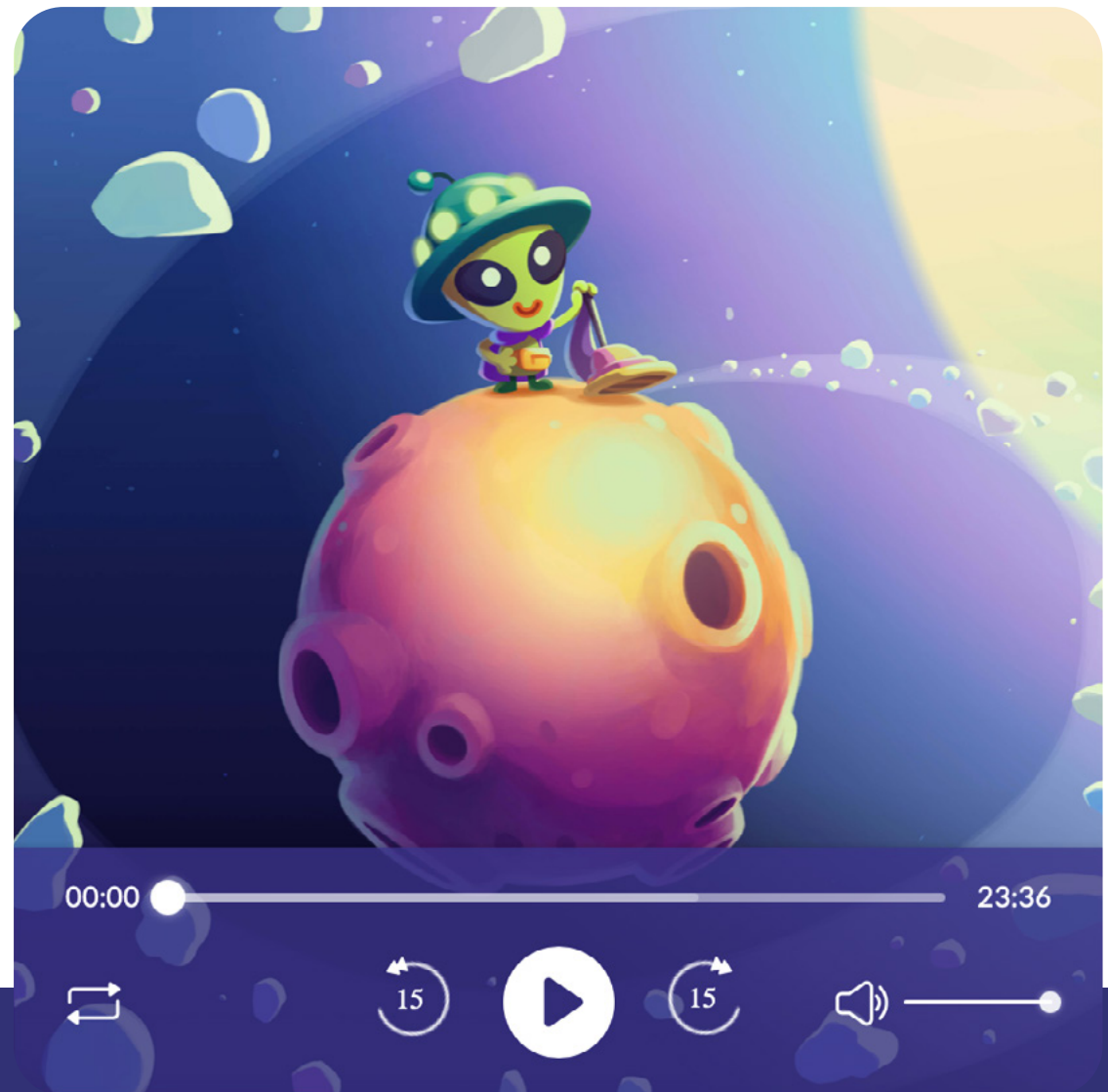
**I Can:**

I can identify and use stress-management strategies.



## Roswell's Cosmically Calming Vacuum Cleaner

Now we will listen to a meditation called 'Roswell's Cosmically Calming Vacuum Cleaner'. This is Roswell! Click on the picture to begin listening:



[http://moshisleep.com/play/Roswells\\_Cosmically\\_Calming\\_Vacuum\\_Cleaner](http://moshisleep.com/play/Roswells_Cosmically_Calming_Vacuum_Cleaner)

## Before You Listen

A friendly alien from beyond Moshi has arrived in a flying saucer spaceship. Roswell the Zippity Zoshling drops in on new planets and today he has come to Earth. Roswell brings with him soothing sounds to help melt stress away.

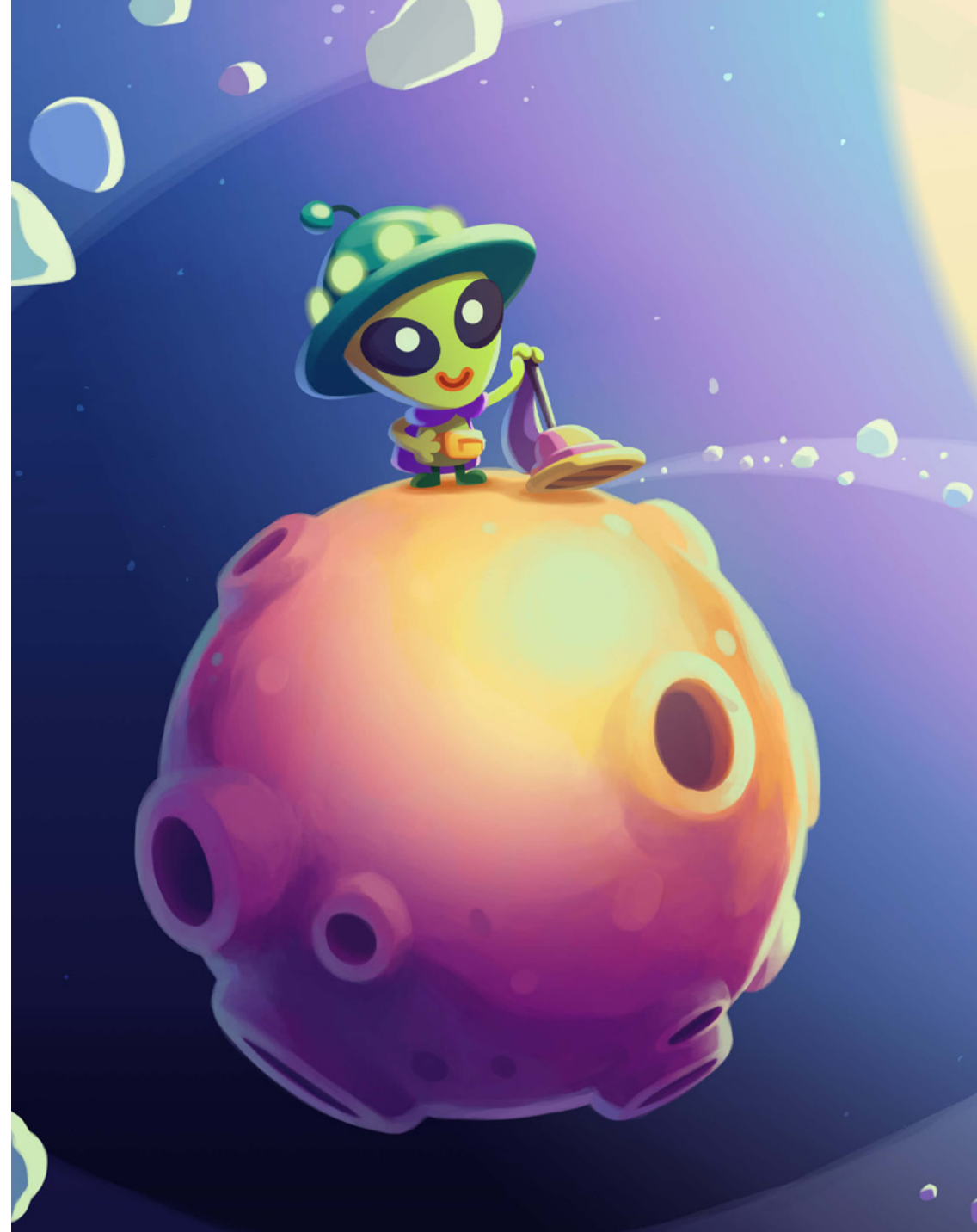
- What are some soothing sounds to you?
- How do you feel when you listen to soothing sounds?

## After You Listen

When Roswell's vacuum goes into mind blowing reverse mode, it whooshes out happy vibes into the atmosphere. His vacuum zaps away worries and helps the people of Earth calm down.

Write a worry or two you have on a piece of paper. Then draw wavy lines in your favorite color over the worry just like Roswell's vacuum would do. The wavy lines will zap away the worries!

Teachers, you can have a vacuum printed on a page for students to draw lines coming out of to enhance the lesson.



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