

# Mindfulness in the Classroom

## **Sherman and the Moonlit Moshisaur**

Grades 3-5





### 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:**

**RELATIONSHIP SKILLS:** The abilities to establish and maintain healthy and supportive relationships and to effectively navigate settings with diverse individuals and groups. This includes the capacities to communicate clearly, listen actively, cooperate, work collaboratively to problem solve and negotiate conflict constructively, navigate settings with differing social and cultural demands and opportunities, provide leadership, and seek or offer help when needed.

## **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:**

Communicate effectively.

Resolve conflicts constructively.

## **Essential Questions:**

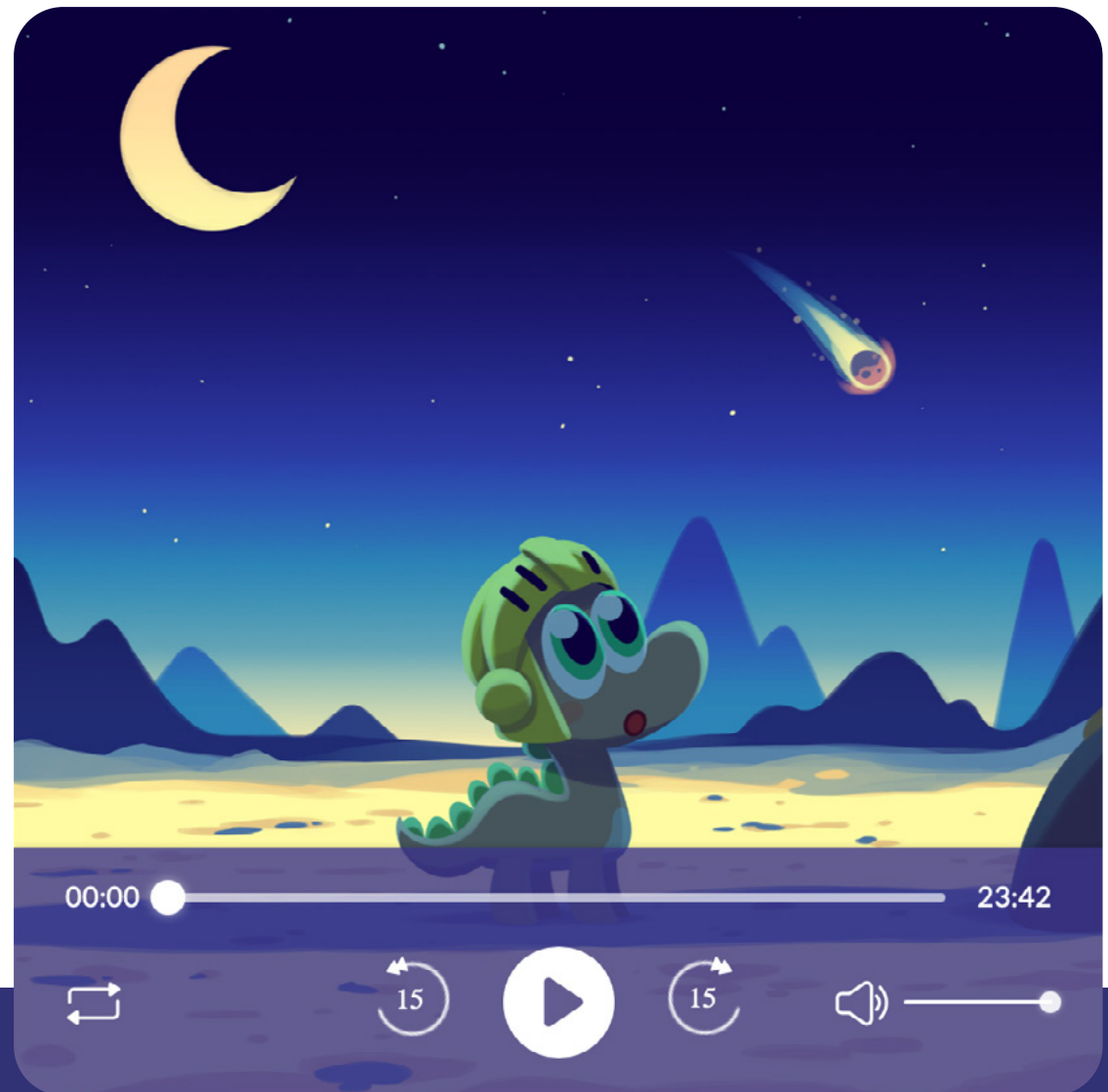
How can I be courageous but courteous when talking to others?

How can I resolve a conflict with someone?



## Sherman and the Moonlit Moshisaur

Now we will listen to a story called 'Sherman and the Moonlit Moshisaur'. This is Sherman! Click on the picture to begin listening:



[http://moshisleep.com/play/Sherman\\_and\\_the\\_Moonlit\\_Moshisaur](http://moshisleep.com/play/Sherman_and_the_Moonlit_Moshisaur)



Teacher's Note: You will hear peaceful music at the end of the story. Your class can use the time to answer the lesson questions, or remain in quiet reflection.

### Before You Listen

Today we will join Sherman the Super Doopersaurus as he asks a big Moshisaur to be quiet so his friends won't be scared.

Sherman's story can show us how to be courageous but courteous. Courageous means having courage and being brave. Courteous means being respectful and polite.

This story is about prehistoric times. Prehistoric means very old.

Get comfortable, breathe deeply, and get ready to focus your mind on the sounds and the story you are about to hear. Let's listen quietly to "Sherman the Moonlit Moshisaur."



## After You Listen

**Why did other Moshlings get nervous when Moshisaurs were around?**

The Moshlings got nervous because the Moshisaurs yawned so loudly it hurt their ears.

**What did Sherman find out about why the Moshisaurs were so loud?**

Sherman found out that the Moshisaurs yawned so loudly because they were tired and grouchy.

**How did Sherman help out the Moshisaur?**

Sherman took the Moshisaur to find the Tree of Slumber.

**How did the Tree of Slumber help the Moshisaur?**

The Tree of Slumber helped the Moshisaur to stop yawning and fall asleep.

**What did the Moshisaur do after Sherman helped him?**

The Moshisaur thanked Sherman for helping the Moshisaurs sleep.

**What was the Moshisaur's wish?**

The Moshisaur wished that all the Moshisaurs could sleep and snore quietly.

**Why did Sherman make a drawing of himself and the Moshisaur under the Tree of Slumber?**

To make sure future Moshlings would know that giant Moshisaurs once roamed the land.





The word "moshi" is written in a white, rounded, lowercase sans-serif font. It is centered horizontally and vertically against a background of overlapping, semi-transparent circles in various shades of blue and purple. The circles create a layered, abstract effect behind the text.

moshi