

Mindfulness in the Classroom

Sherman and the Moonlit Moshisaur

Grades K-2





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.

Academic Standards:

Common Core English/Language Arts Standards:

CCSS.ELA-LITERACY.W.K.8

CCSS.ELA-LITERACY.W.1.8

With guidance and support from adults, recall information from experiences or gather information from provided sources to answer a question.

CCSS.ELA-LITERACY.W.2.8

Recall information from experiences or gather information from provided sources to answer a question.

Objective:

Use relationship skills to problem solve with others.

Essential Questions:

How can I work in a positive way with others to solve a problem?

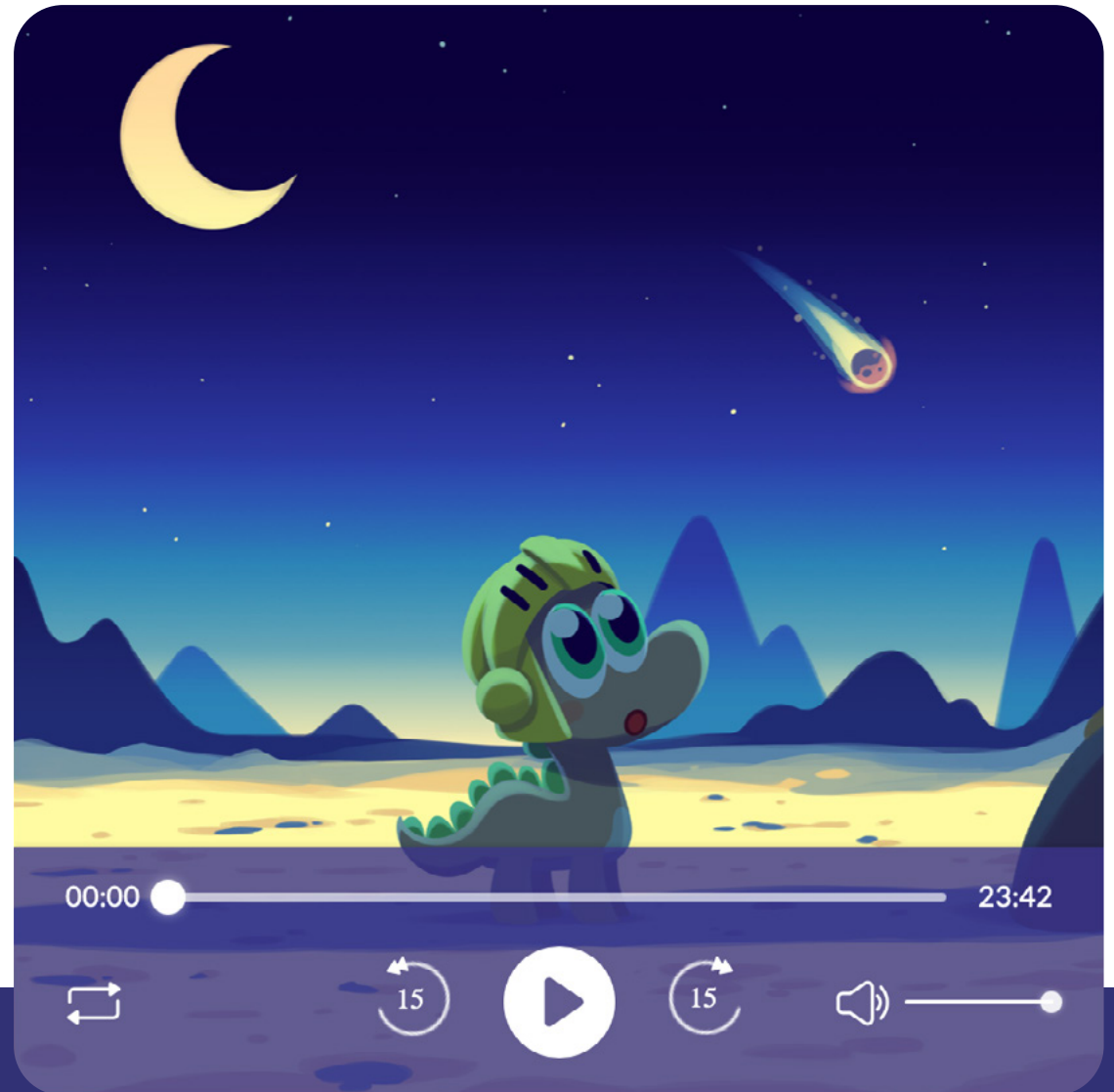
I Can:

I can communicate clearly with others.



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

Today you will learn about how a little Super Doopersaurus helped his friends by working with others. Sherman and the other Moshlings were scared of the loud Moshisaurs. The Moshlings could not sleep because of all the noise.

- What are some noises that make it hard to sleep?
- What noises keep you awake?
- Where do the noises come from?

Sherman was nervous to talk to the Moshisaurs. But he stayed calm and brave. Because of this, he was able to help the Moshisaurs sleep and the Moshlings no longer had to hide or be scared.

- How can you remain calm when you need to talk to someone about something that makes you feel a little scared?

After You Listen

Sherman had to figure out a way to communicate with the Moshisaurs since they did not understand him. He drew a picture to help him.

- Have you ever had to communicate with someone who did not understand you?

How did you communicate?

- With pictures?
- With your hands?
- With your facial expressions?



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