

Mindfulness in the Classroom

ShiShi's Soothing Anxiety Shrinker





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-AWARENESS: The abilities to understand one's own emotions, thoughts, and values and how they influence behavior across contexts.

SELF-MANAGEMENT: The abilities to manage one's emotions, thoughts, and behaviors effectively in different situations.

Academic Standards:

CCSS.ELA-LITERACY.W.K.8

CCSS.ELA-LITERACY.W.1.8

CCSS.ELA-LITERACY.W.2.8

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

Objective:

Identifying and managing anxiety.

Essential Questions:

How can I use mindfulness to identify when I am anxious?

What can I do when I have anxiety?

This lesson plan includes:

Classroom Slide Presentation and Teaching Script

Home Time Activity

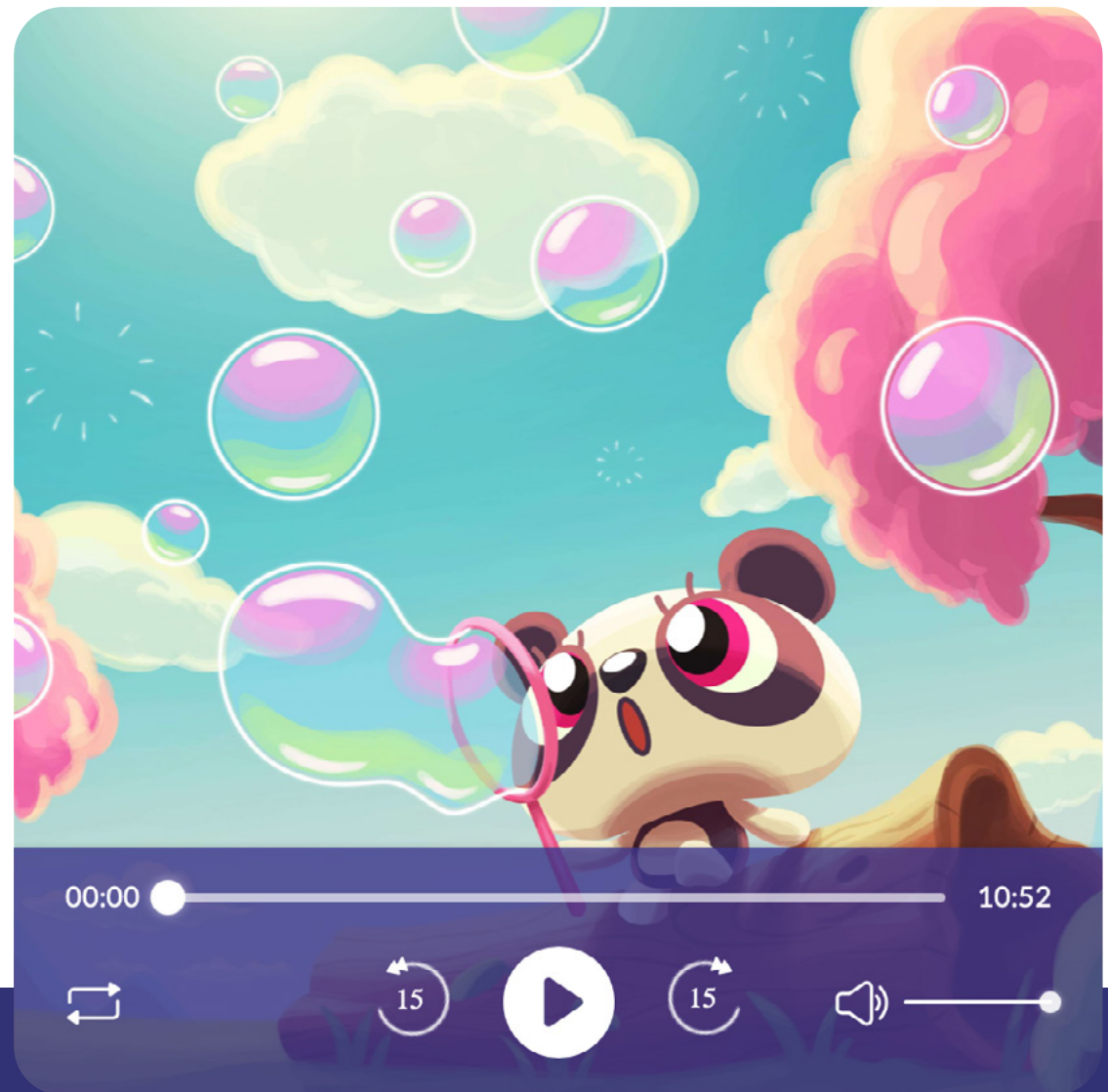
Weekly Theme Card

Mindful Teaching Tips



ShiShi's Soothing Anxiety Shriner

Now we will listen to a Meditation called 'ShiShi's Soothing Anxiety Shriner'. This is ShiShi! Click on the picture to begin listening:



http://moshisleep.com/play/ShiShis_Soothing_Anxiety_Shrinker

Identifying Emotions: What is Anxiety?

Anxiety is the feeling you have when you are worried about something. Anxiety makes it hard to focus or relax.

Today we will learn about a magical Moshling named ShiShi the Sneezing Panda who has a special way to make her anxiety disappear!

Use Your Imagination!

ShiShi worries and feels anxious so she uses her imagination to calm herself down. She imagines a beautiful place.

What is a beautiful place you have been?

Describe it or draw a picture.

What does it look like?

How does it feel to be there?



Time to Listen!

Get ready to listen!

Get cozy...

Get comfy...

Get ready to hear ShiShi's Soothing Anxiety Shriner!

After You Listen

How do you feel after you have listened to how ShiShi shrinks her anxiety?

What could you imagine is happening in your own Anxiety Shriner?

Draw a picture and write about it now. You will be able to teach someone in your family how to use your magical and fun anxiety shriner.

ShiShi's Soothing Anxiety Shriner

Home Time Activity

Try the Home Time Activity to create your OWN Magical Anxiety Shriner!



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