

Mindfulness in the Classroom

Squiggle's Short and Squishy Relaxation





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.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 self-awareness tools such as meditation, visualization, and deep breathing to manage emotions.

Essential Questions:

How can I relax when I am stressed or anxious?

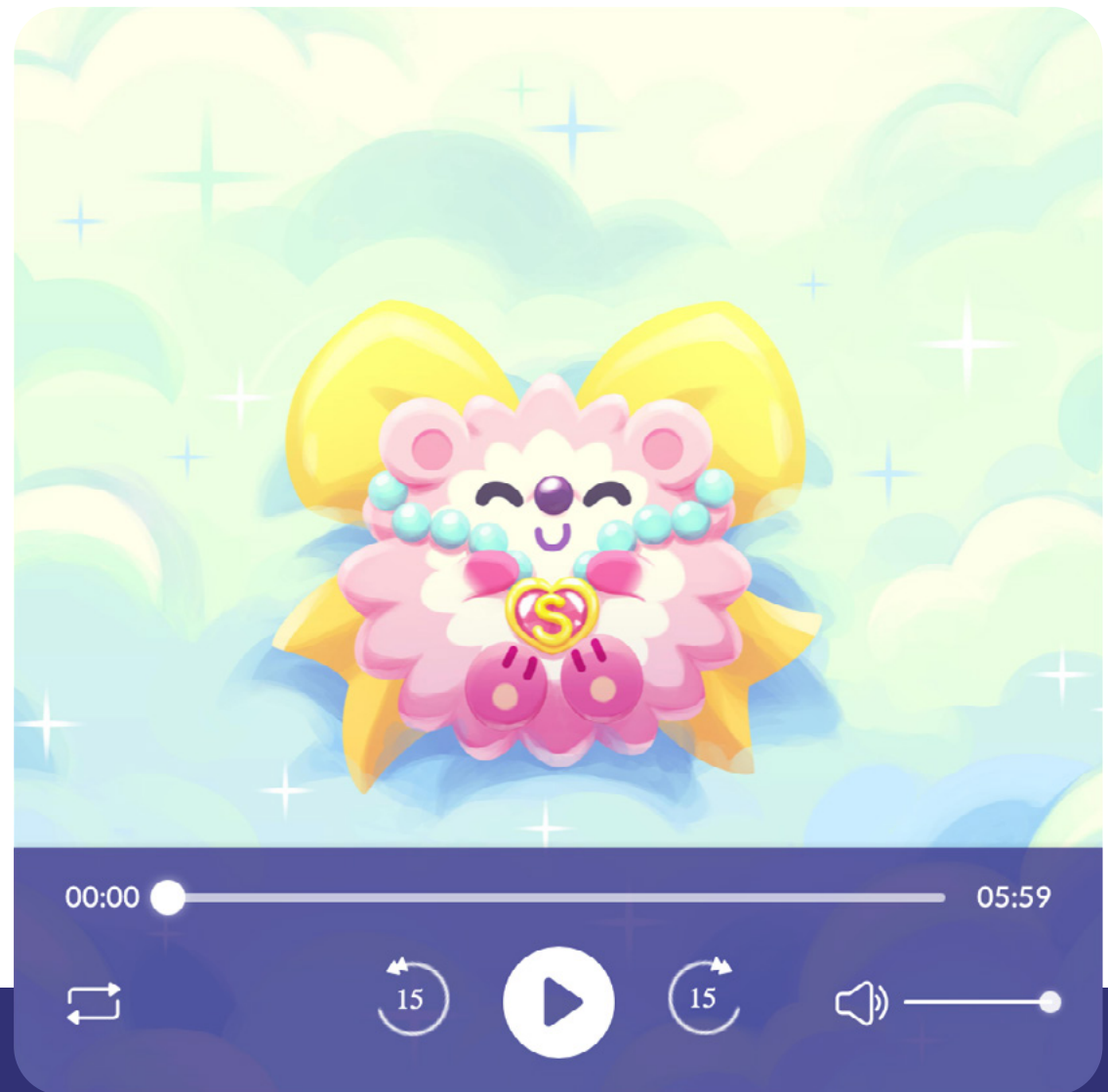
I Can:

I can use mindfulness techniques to manage my emotions.



Squiggle's Short and Squishy Relaxation

Now we will listen to a Moshi Moment called 'Squiggle's Short and Squishy Relaxation'. This is Squiggle! Click on the picture to begin listening:



http://moshisleep.com/play/Squiggles_Short_and_Squishy_Relaxation

Today you will join Squiggle the Helpful Hedgehog, an adorable Moshling who loves to help us ease our worries and calm our minds. Squiggles will help us meditate. When we meditate, we calm our minds and bodies. This is called meditation.

Before You Listen

Get comfy, get relaxed, snuggle down, and close your eyes. Take a slow breath in and exhale quietly.

Squiggle reminded us that we can think about floating on our clouds any time. When could someone do that to calm down or relax?

Teach Someone at Home

Who could you teach about Squiggle and her fluffy clouds of relaxation? You will get to do this during your Home Time Activity!



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 layered, abstract effect.

moshi