Mindfulness in the Classroom
Tame Tantrums with Mumbo

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.

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CASEL Standards:

SELF-AWARENESS: The abilities to understand one's own emotions, thoughts, and values and how they influence behavior across contexts. This includes capacities to recognize one's strengths and limitations with a well grounded sense of confidence and purpose.

Academic 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 to connect thoughts with emotions and actions.

Essential Questions:

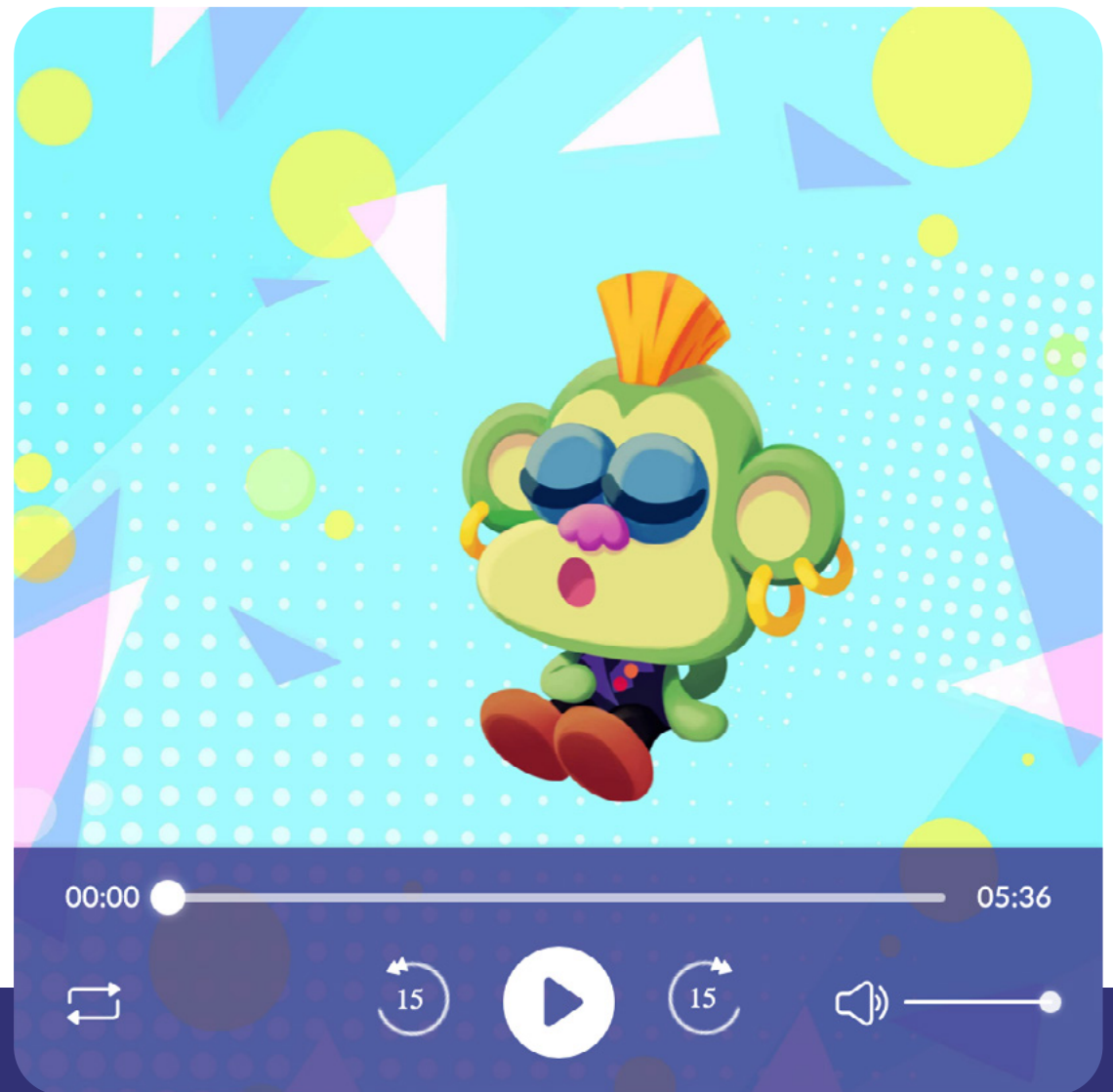How can I recognize my thoughts and calm down before I have a tantrum?

I Can:

I can recognize my thoughts and calm down before I have a tantrum.

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Tame Tantrums with Mumbo

Now we will listen to a moment called 'Tame Tantrums with Mumbo'. This is Mumbo! Click on the picture to begin listening:

http://moshisleep.com/play/Tame_Tantrums_with_Mumbo

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Before You Listen

Mumbo is a Punky Monkey who has learned how to calm down before he gets mad and acts out. Mumbo sometimes has a bit too much energy and can also lose his temper.

- What happens when you have too much energy?
- What happens when you lose your temper?
- What are some things that cause you to get mad or angry?

After You Listen

When Mumbo is about to get angry, he stops and takes a moment to calm down. Mumbo sits, closes his eyes, and breathes deeply and slowly. When Mumbo breathes out, he makes a whooshing noise.

Have students practice quietly breathing in and then making a whooshing noise as they exhale. Tell students it is okay to be loud when breathing out. For some added fun, have students say words or phrases as they breathe out like "good-bye anger" or "keep calm".

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