

Mindfulness in the Classroom

The Legend of the Sock Less Monster





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:

Use relationship skills to resolve conflicts constructively.

Essential Questions:

How can I resolve conflicts in a positive way?

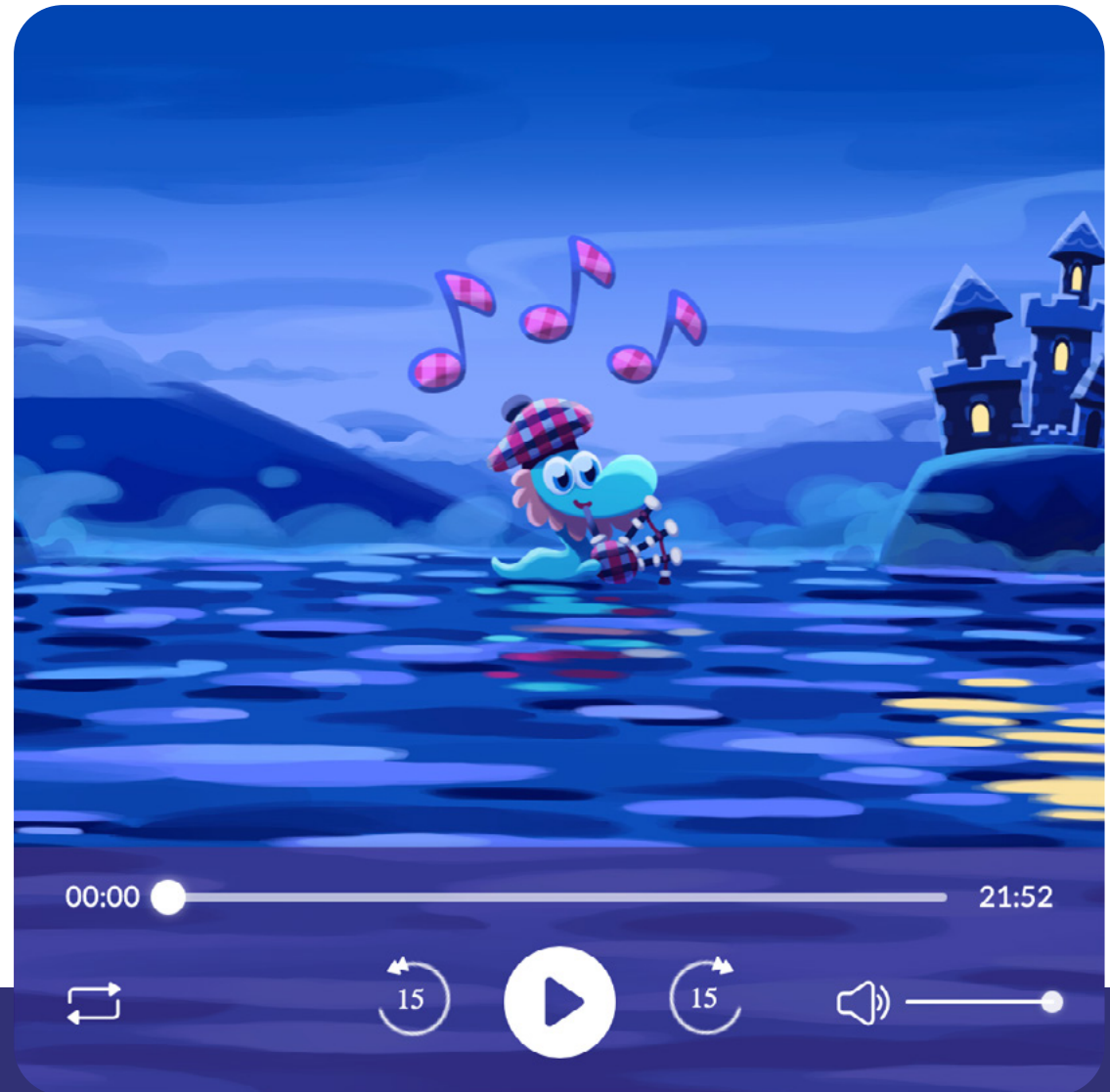
I Can:

I can resolve conflicts in a positive way.



The Legend of the Sock Less Monster

Now we will listen to a story called 'The Legend of the Sock Less Monster'. This is Jessie! Click on the picture to begin listening:



http://moshisleep.com/play/The_Legend_of_the_Sock_Less_Monster

Today we find ourselves outside the crumbling castle of Jessie the Ginger McMoshling who lives on an island. The people who lived on the island left long ago and Jessie loves the quiet time he spends alone. Because of his nightly swims, people start becoming curious about him. They flock to the island and want to catch a glimpse, but he does not like all of the people around and this causes him distress.

- What is conflict?
- What is your typical response to conflict?
- How do you feel when you are in conflict with others?

After You Listen

Just like Jessie, we have to come up with solutions to our problems. When we find ourselves in conflict with others, sometimes we have to be creative in order to find the best solution.

Let's play a fun game that helps us test out our ability to find solutions to conflicts.

Here is a fun game to play if you are in the classroom. Look for an alternative individual activity below.

Place students into groups of 10 – 15. Provide each group with a balloon or inflatable ball. Have students stand in a circle. The first challenge is to have each student hit the ball twice, except they are not allowed to hit the ball twice in a row. The second challenge is to have each student hit the ball only once. You can time the groups to add a sense of urgency which can create more conflict among the students.



Follow up after the activity by asking students:

Was this activity more difficult than you thought it would be?

Did any conflict occur within the group on how to complete the challenge?

How did your team deal with the conflict?

How can you apply this to other areas of your life?

For an individual activity, give students a scavenger hunt challenge.

Have students find:

- A blue object
- Something cold
- Something that can be tied
- A square object
- Something made of wood
- Something that can bounce
- A flat object
- Something loud
- Something crunchy

Follow up after the activity by asking students:

Was this activity more difficult than you thought it would be?

Did you have any concerns on how to complete the challenge?

How did you deal with the challenge?

How can you apply this to other areas of your life?



The image features the word "moshi" in a white, rounded, lowercase sans-serif font, centered horizontally. The background is a gradient of blue, transitioning from a darker shade at the top to a lighter shade at the bottom. Overlaid on this background are several large, semi-transparent circles in various shades of blue, creating a layered, abstract effect.

moshi