Mindfulness in the Classroom
Troy and the Maze of Thieves
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:**
RESPONSIBLE DECISION-MAKING: The abilities to make caring and constructive choices about personal behavior and social interactions across diverse situations. This includes the capacities to consider ethical standards and safety concerns, and to evaluate the benefits and consequences of various actions for personal, social, and collective well-being.

**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 responsible decision-making to understand the consequences of one’s own actions.

**Essential Questions:**
How can I make good decisions?

**I Can:**
I can make good decisions.
Troy and the Maze of Thieves
Now we will listen to a story called 'Troy and the Maze of Thieves'. This is Troy! Click on the picture to begin listening:

http://moshisllep.com/play/Troy_and_the_Maze_of_Thieves
Our adventure begins in Moshiathos with a Macho Minotaur named Troy. He lived deep in a maze which had a treasure in the middle. His job was to guard the treasure, but some Moshlings spent their time dreaming of how to steal the treasure.

Just like the genie and his friends, we don’t always make the right decisions. Believe it or not, we learn the biggest lessons when we make the wrong decision.

- What is a big mistake that you made?
- What did you learn from it?
- What happened?
- How was this lesson important to you?
- How did your decision impact other things?