

# Mindfulness in the Classroom

## **Tumbles the Nifty Shifty**





### 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:

**SOCIAL AWARENESS:** The abilities to understand the perspectives of and empathize with others, including those from diverse backgrounds, cultures, and contexts. This includes the capacities to feel compassion for others, understand broader historical and social norms for behavior in different settings, and recognize family, school, and community resources and supports.

## 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 mindfulness to understand the perspectives of others, including those from diverse backgrounds, cultures, and contexts.

Use mindfulness techniques to be welcoming to others.

## Essential Questions:

How can I understand the perspectives of others who are different from me?

How can I be welcoming to others, even those who are different from me?

## I Can:

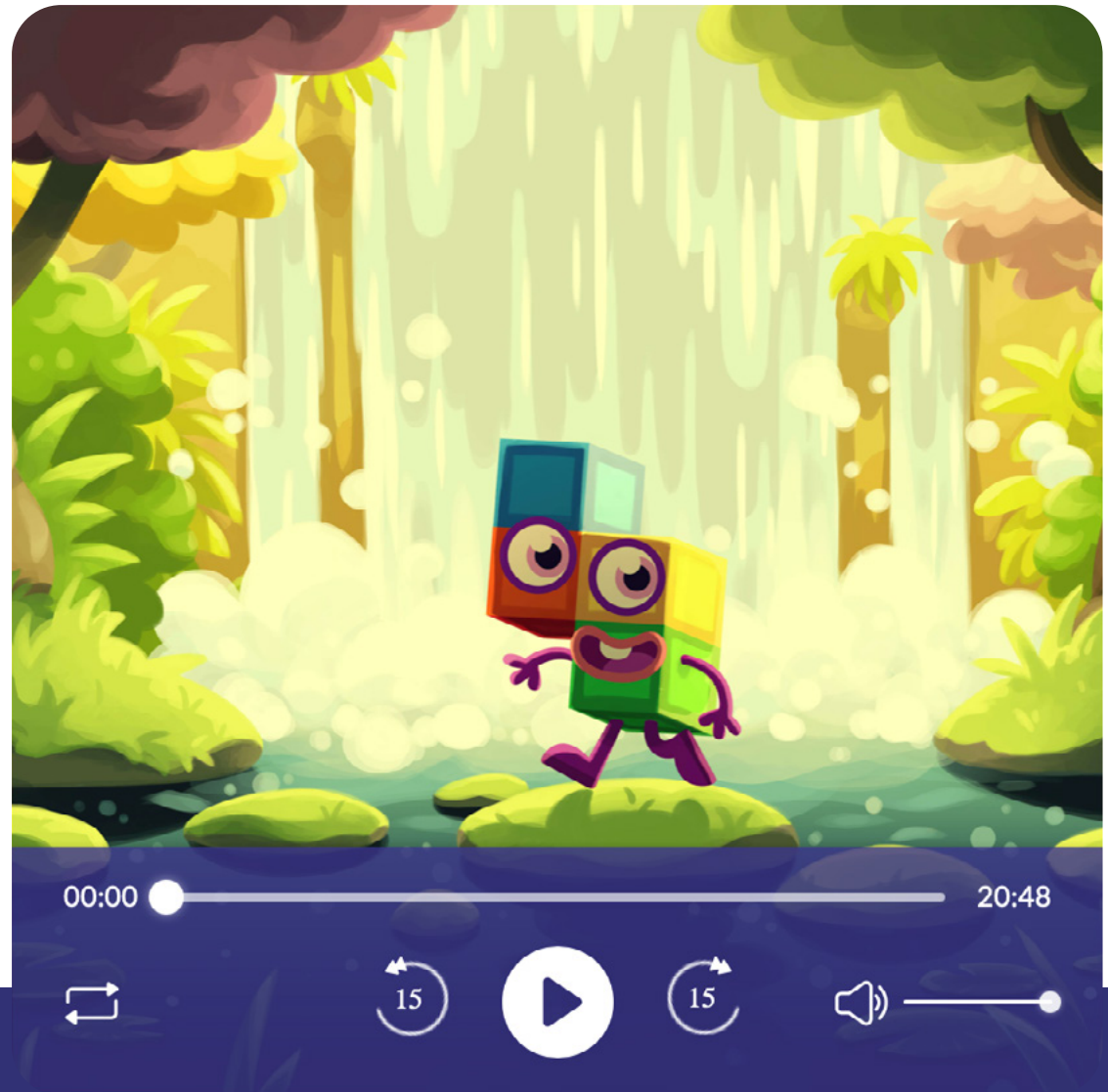
I can understand the perspectives of others who are different from me.

I can be welcoming to others, even those who are different from me.



## Tumbles the Nifty Shifty

Now we will listen to a story called 'Tumbles the Nifty Shifty'. This is Tumbles! Click on the picture to begin listening:



[http://moshisleep.com/play/Trubbles\\_Scrunchy\\_Crunchy\\_Twilight\\_Walk](http://moshisleep.com/play/Trubbles_Scrunchy_Crunchy_Twilight_Walk)

Tumbles the Nifty Shifty finds himself lost in a new and beautiful land where he has never been before. He is eager to explore this new place. A group of Woodland Moshlings finds Tumbles, who doesn't look like any Moshling they've ever seen.

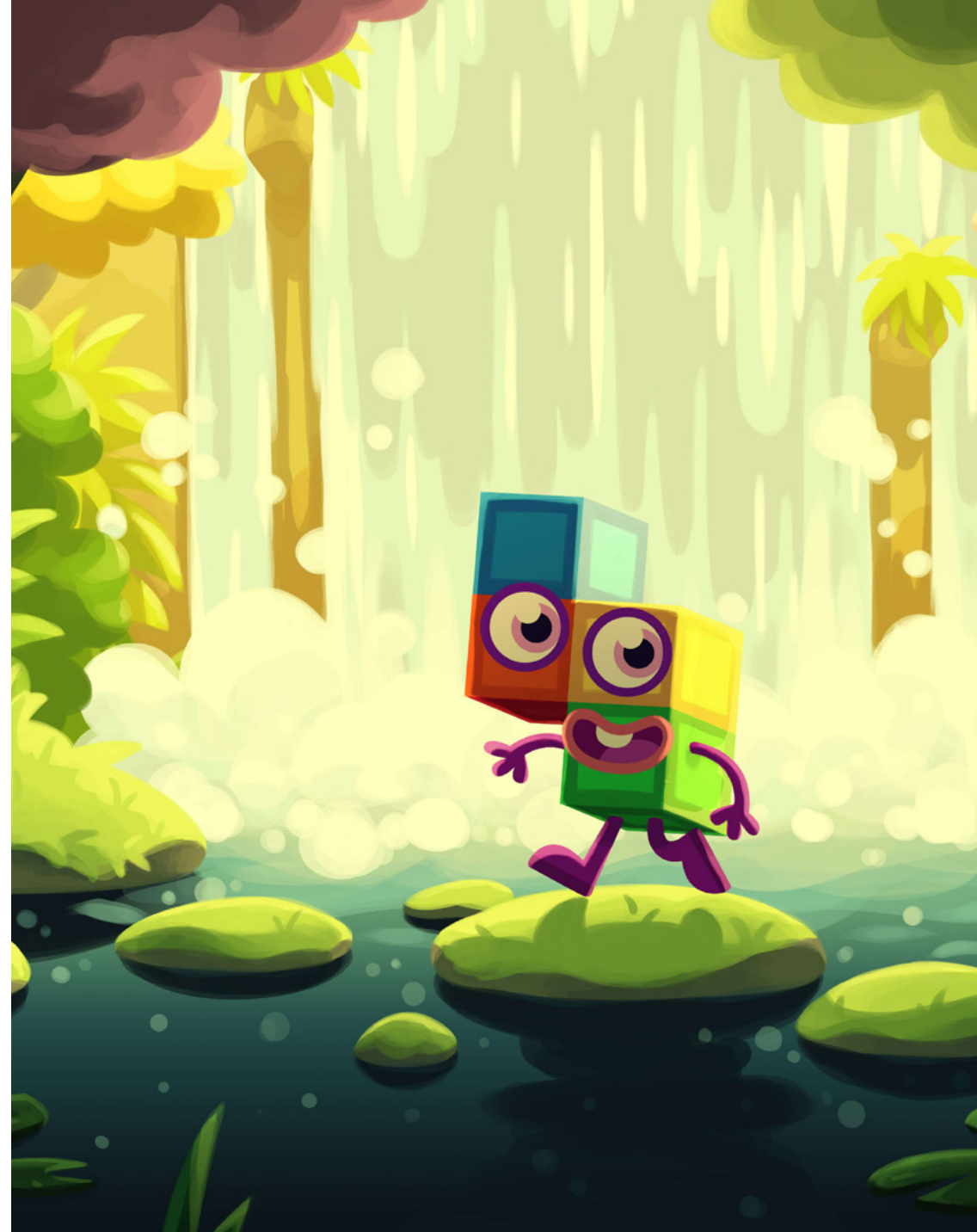
- Have you ever been in a situation like Tumbles?
- How does it feel to be in a new place?
- Have you ever welcomed someone who was new to your school or neighborhood?
- How did you make them feel welcomed?

Everyone has differences that make them unique.

- Do you have a friend who is different from you?
- What are the things you have in common that make you such good friends?

As you listen today, you will find Tumbles in a new place where he is different from everyone. Pay attention to how Tumbles tries to fit in. You will hear some wise advice about how to be a good friend to everyone, whether they are like you or not.

Get ready to listen for the ways that you can help everyone feel included.





## After You Listen

- How did the Woodland Moshlings treat Tumbles the Nifty Shifty?
- How did that make Tumbles feel?
- How did the Wonky Wizard help the Woodland Moshlings to make Tumbles feel like he was welcome?
- What did the Wonky Wizard teach the Woodland Moshlings about friendship and welcoming others?
- What special vow did the Wizard make many moons ago?
- How can you help the Wonky Wizard to do his work of spreading kindness and teaching others to be good friends to each other?

Tumbles felt like he needed to change himself to fit in. No one should have to change themselves to fit in.

- How do you help others feel included at school or in your community?



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