

Mindfulness in the Classroom

Yawnsy's Blissful Body Scan





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-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 get too upset?

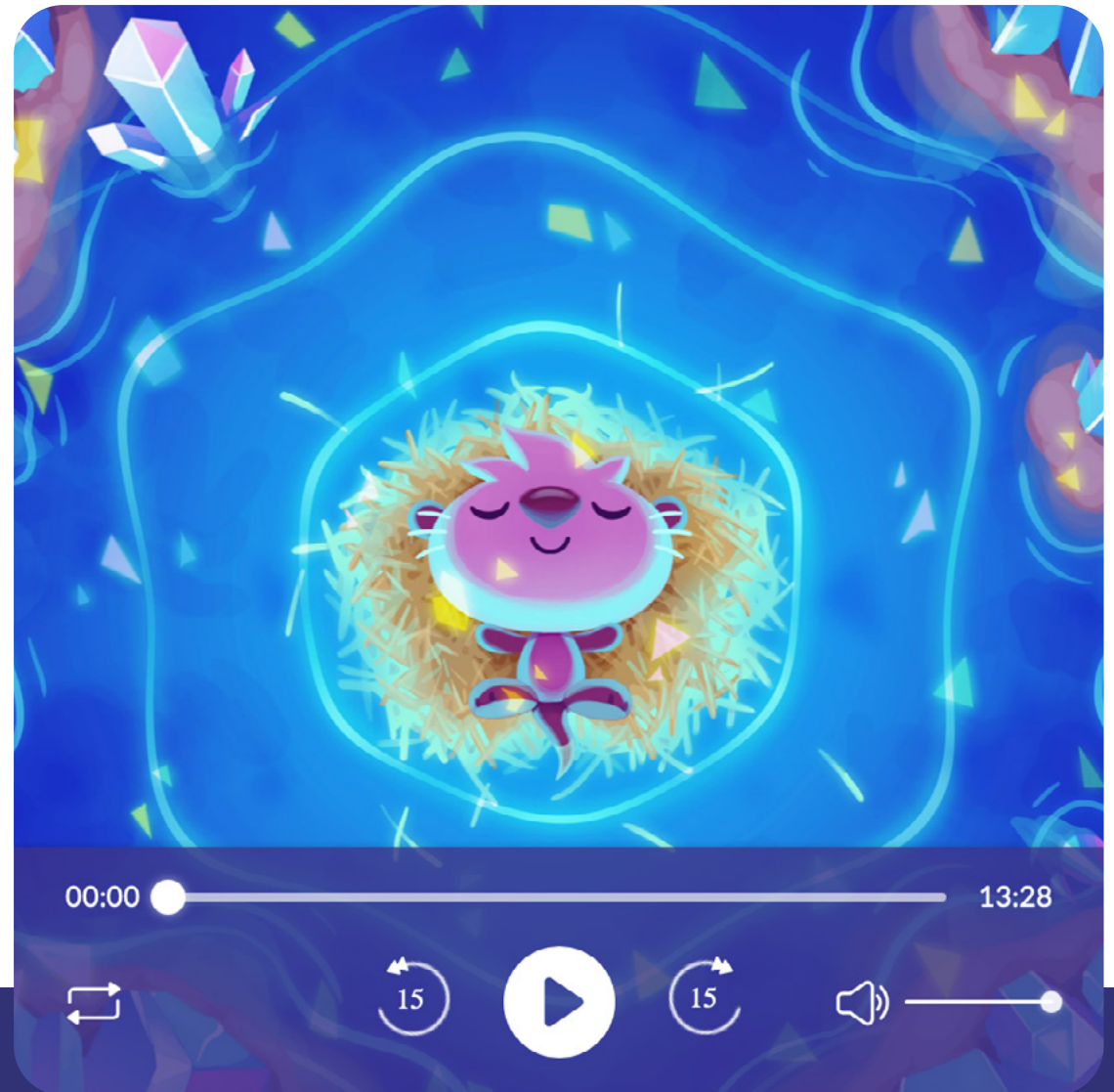
I Can:

I can recognize my thoughts and calm down before I get too upset.



Yawnsy's Blissful Body Scan

Now we will listen to a meditation called 'Yawnsy's Blissful body scan'. Click on the picture to begin listening:



http://moshisleep.com/play/Yawnsys_Blissful_Body_Scan

Before You Listen

Today we will meet Yawnsy, a Sleepwalking Otter from Snufflepeak Creek who does a body scan to relax.

The purpose of a body scan is to tune in to your body. That means learning to reconnect to your physical self. Body scans help us notice any sensations we are feeling without deciding if they are good or bad.

Yawnsy snuggled into his bed of reeds and did a body scan. He takes a moment to feel and listen to his body. Settle in, take some deep breaths and focus on today's meditation with Yawnsy.

After You Listen

- How does your body feel after wiggling, scrunching, and relaxing?
- Were there any areas of your body that had a hard time relaxing?
- How can you use this technique at school?
- When could you use this technique at home?



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 consists of several overlapping circles in various shades of blue, ranging from a deep navy blue to a bright, vibrant blue. The circles are semi-transparent, creating a layered effect. The overall composition is clean and modern.

moshi