

Quick Start Guide


moshi
for
Schools



Welcome to Moshi for Schools

Moshi's Mindfulness in the Classroom is a series of CASEL-aligned lesson plans built around the magical world of Moshi.

The lessons use audio content and kid-friendly characters to bring social-emotional learning to life across topics like self-regulation, awareness, and making friends.



What are the benefits of Social-Emotional Learning?

- Students who participate in SEL instruction have shown a significant increase in academic performance, improved behavior, and an increased ability to manage stress and depression.*
- Improves school and classroom environments.
- Increases student motivation.
- Teaches problem-solving skills.
- Helps children set and meet realistic goals.
- Opens a safe space to discuss mental health.
- Teaches positive habits.



* CASEL. (2021). Benefits of SEL. <https://casel.org/impact/>

How do I sign up to Moshi for Schools?

Moshi's Mindfulness in the Classroom series is fun and accessible with hundreds of audio tracks. Follow these easy steps to get started:

1

Go to

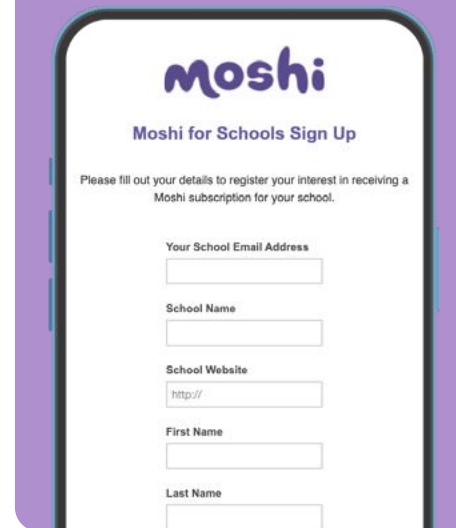
www.moshikids.com/moshi-for-schools
and 'Claim Access'



2

Sign up

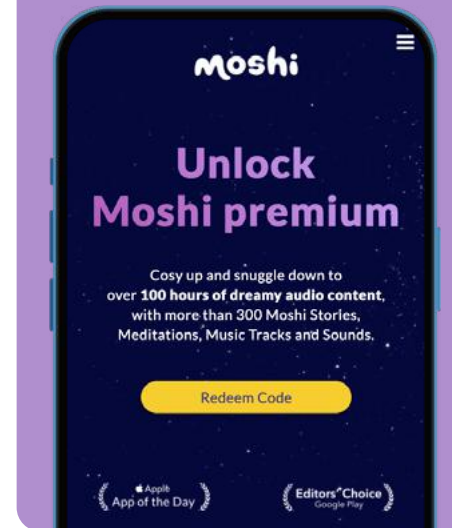
Fill out your details
to register



3

Redeem code

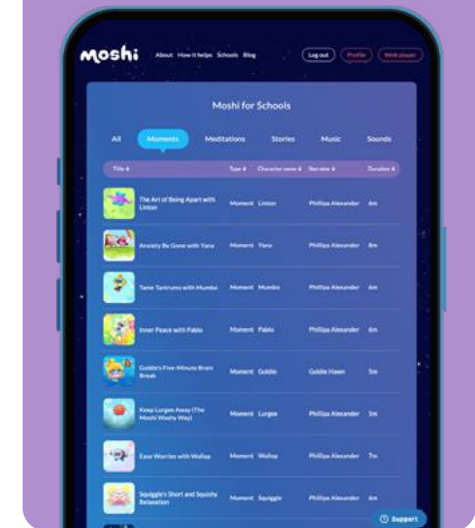
Check your email over
the next 24 hours for
your access code*



4

Download

Lesson plans
and access 100s
of audio tracks



*It may take up to 24 hours for the Moshi team to review your application

Moshi for Schools was created by licensed educators and curriculum specialists to be accessible to all learners with a focus on:



Self-management



Self-awareness



Social awareness



Relationship skills



Responsible decision making



What's included with each lesson?

1

SEL-aligned lessons with clear objectives, essential questions, and “I can” statements

- Compatible with any classroom structure, in-person or virtual
- Lessons align with common core standards

2

Take-home activities to practice mindfulness with families

- Resources allow students to share their new knowledge with family members
- Take-home activities range from self reflection, to art projects, to community service projects

3

Mindfulness teaching tips for teachers and family members

- Tips on applying the lesson in the classroom
- Relevant research into SEL strategies
- Ideas for expanding the lesson



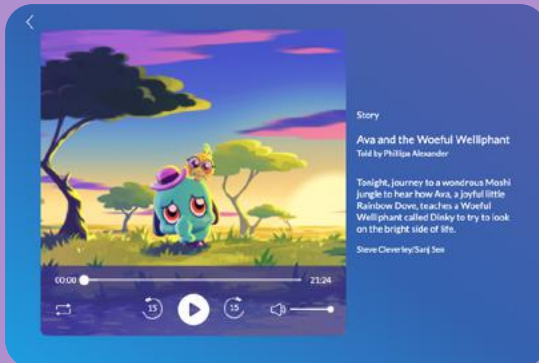
Moshi for Schools provides all the materials and resources you need to get started

Each lesson is paired with a curriculum-aligned audio track to activate students' learning before and after listening



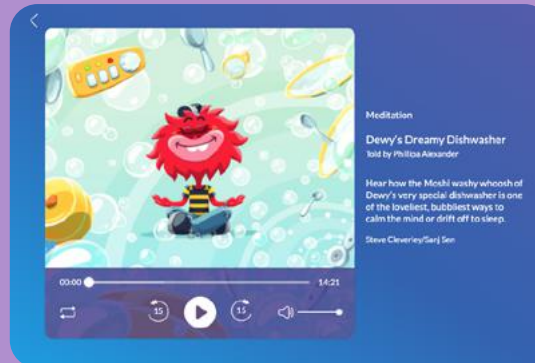
Stories

Take students on a mindfulness journey with characters from around the Moshi world.



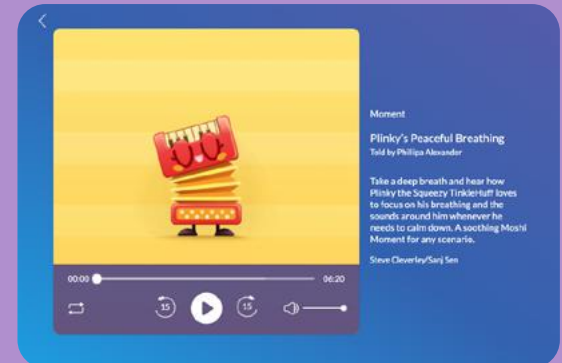
Meditations

Provide students with practical techniques for reducing stress and anxiety at school and at home.



Mindful Moments

Help students center themselves throughout the school day for better concentration and academic performance.



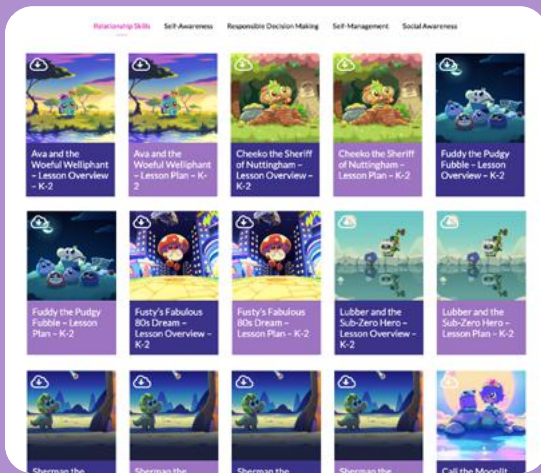
Lessons and resources are easy to navigate with the Moshi web player and mobile app

Follow the three easy steps below to get started:

1

Browse

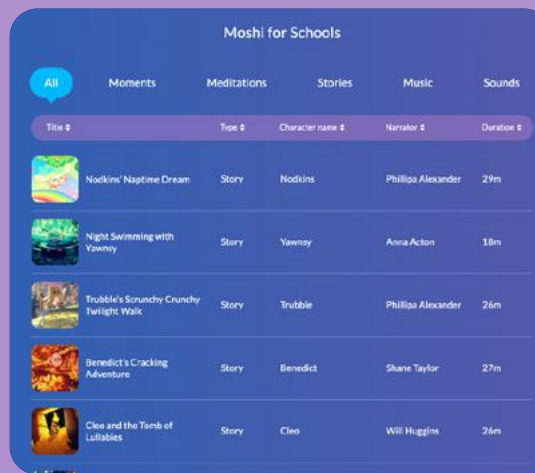
the lesson plans on our website
[www.moshikids.com/
moshi-for-schools](http://www.moshikids.com/moshi-for-schools)



2

Search

for tracks from the lesson plans on our app or web player
[https://app.moshikids.com/
schools/menu](https://app.moshikids.com/schools/menu)



3

Play

the track from the lesson plan on any device



How do I evaluate social-emotional learning?

Moshi for Schools includes mindful teaching resources and evaluation tools.

Student engagement is encouraged with open-ended questions to prompt self-reflection and independent thinking.

Remember that there are no wrong answers!



Join the Moshi Community

Connect with teachers to share your experiences, ask questions, and get ideas.

1

Connect with other teachers on our Facebook teachers group
<https://www.facebook.com/moshikids>

2

Subscribe to Moshi's YouTube channel
<https://www.youtube.com/moshikids>

3

Explore resources for presentations and decorations for your classroom
<https://www.moshikids.com>

4

Need help? schools@moshikids.com

