

Mindfulness in the Classroom

Betty the Yodeling MooMoo



A teacher with long dark hair, wearing an orange top, is sitting on the floor and talking to four children. The children are of diverse backgrounds and are also sitting on the floor. In the foreground, there are three Moshi plush toys: a purple one, a blue one, and a yellow one. The background shows a classroom with green shelves filled with books and supplies.

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. The programme is designed with SAFE and SEAL in mind. 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 empathise with others, including those from diverse backgrounds, cultures, and contexts.

RELATIONSHIP SKILLS: The abilities to establish and maintain healthy and supportive relationships and to effectively navigate settings with diverse individuals and groups.

Academic Standards:

National Curriculum in England - English Programmes of Study:

Spoken Language – Statutory Requirements:

Pupils will use spoken language to develop understanding through imagining and exploring ideas.

Pupils will listen and respond appropriately to adults.

Pupils will give well-structured descriptions for different purposes, including for expressing feelings.

Reading Comprehension – Statutory Requirements:

Pupils will also develop pleasure in reading, motivation to read, vocabulary and understanding by listening to and expressing views about a story at a level beyond that at which they can read independently.

Writing – Statutory Requirements:

Pupils will compose their sentences orally before writing them down.



Objective:

Use relationship skills to work collaboratively to problem solve.

Curriculum:

This lesson is part of a well-designed curriculum that builds SEL skills sequentially. Students will continue to improve their self-management and self-awareness as well as other SEL skills in other short, high-quality lessons. During these lessons in which pupils are active participants, pupils will explicitly be taught why these improved SEL skills are so valuable.

Essential Questions:

How can I work with others to solve a problem?

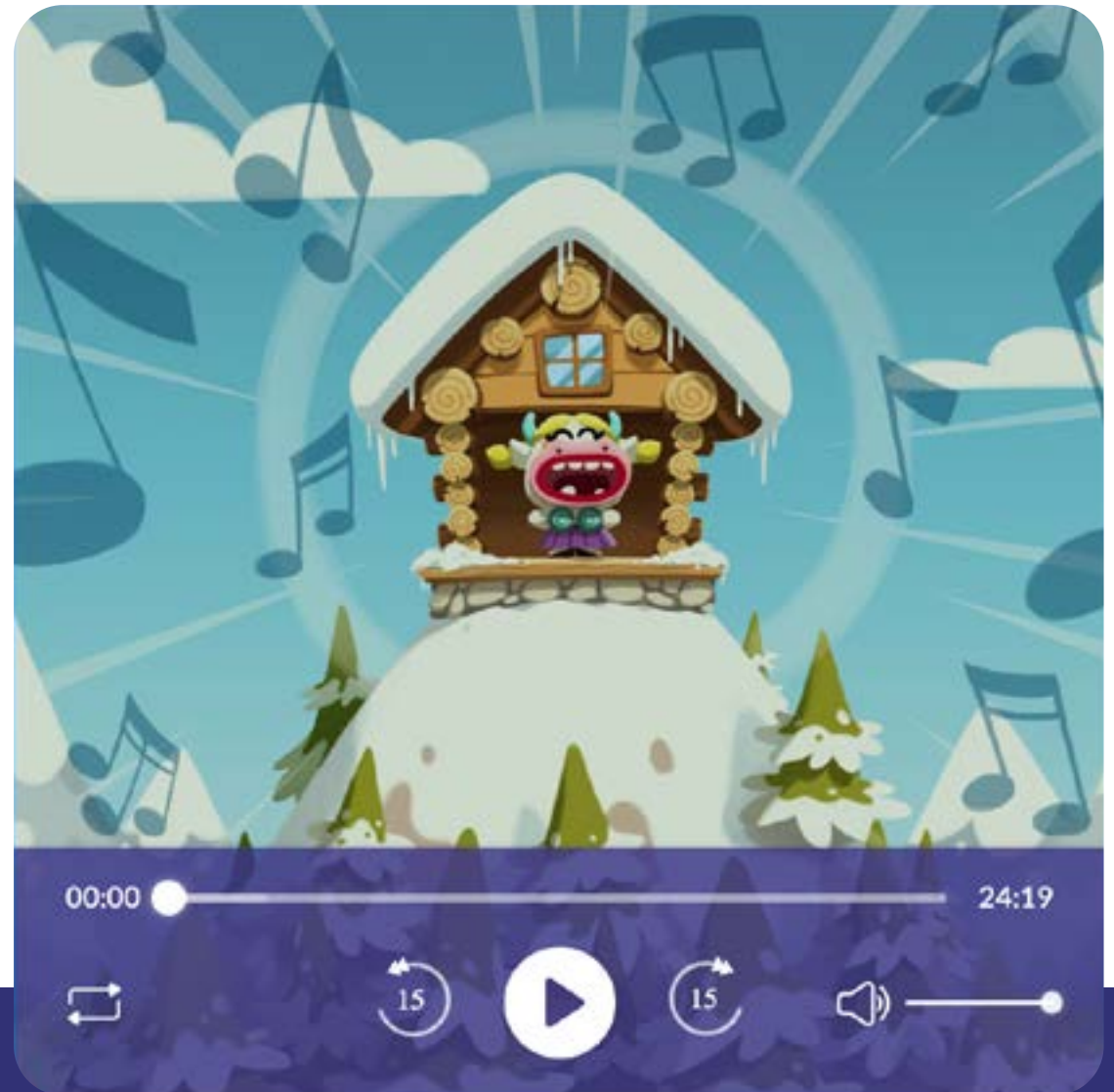
I Can:

I can work with others to solve a problem.



Betty the Yodeling MooMoo

Now we will listen to a story called 'Betty the Yodeling Moo Moo'. This Betty! Click on the picture to begin listening:



http://moshisleep.com/play/Betty_the_Yodelling_MooMoo

Can you hear Betty the Yodeling MooMoo? She's standing in the town square yodeling her beautiful song. But the problem is everyone else in Strudelhofen is trying to go to bed and her yodeling is keeping them awake.

How do loud noises make you feel?

When do you like to hear loud noises?

How do you feel when you are trying to fall asleep and other people are being loud?

After You Listen

The Moshling townspeople came together and identified their problem – Betty was yodeling too loudly at night. They each gave suggestions on how to solve the problem until they all decided on building her a stage in the hills. Then she could yodel at night further away and not be as loud.

Let's get into groups and look at how to solve problems together. Each person should give a suggestion and then the group should decide on a way to solve the problem.

Problem 1: You saw someone in the class take food out of another student's lunchbox without telling them. What should you do?

Problem 2: One friend invited you to go to the park and play on Saturday and you said yes. Then another friend called and invited you to go swimming on Saturday. You would rather go swimming. What should you do?



The image features a background of several overlapping circles in various shades of blue, ranging from a deep, dark blue to a bright, light blue. The circles are semi-transparent, creating a layered effect. In the center of the composition, the word "moshi" is written in a white, lowercase, rounded, and slightly irregular font. The overall aesthetic is clean and modern, with a focus on geometric shapes and a cool color palette.

moshi