

Mindfulness in the Classroom

Blinki's Happy Moments





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:

SELF-AWARENESS: The ability to accurately recognise one's own emotions, thoughts, and values and how they influence behaviour. The ability to accurately assess one's strengths and limitations with a well-grounded sense of confidence and optimism.

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 discuss what they have written with others.

Objective:

Use self-awareness tools such as meditation, visualization, and deep breathing to manage emotions.



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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 manage my emotions with mindfulness?

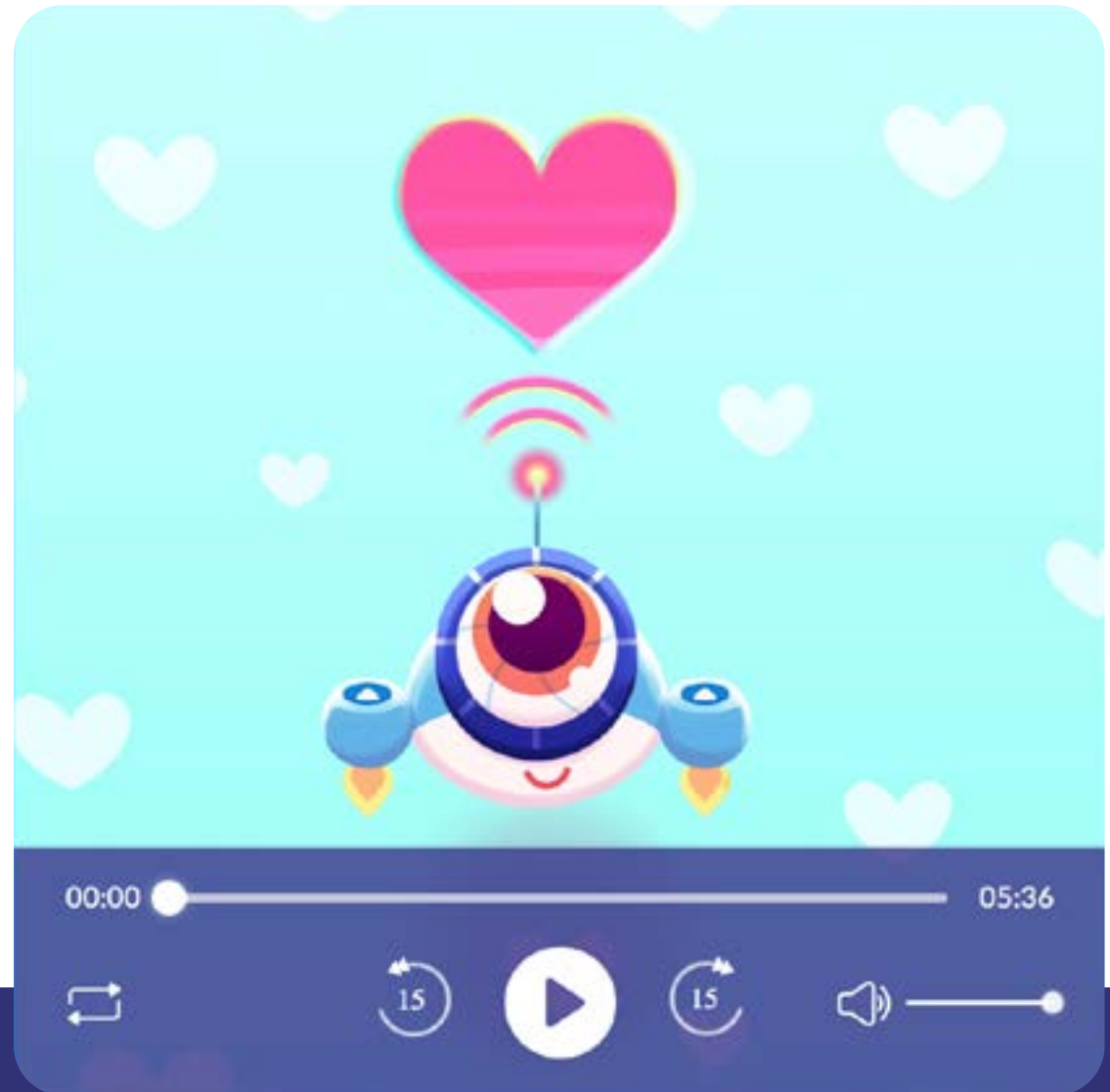
I Can:

I can use mindfulness techniques to manage my emotions.



Blinki's Happy Moments

Now we will listen to a Moshi Moment called 'Blinki's Happy Moments'. This is Blinki! Click on the picture to begin listening:



http://moshisleep.com/play/Blinkis_Happy_Moments

Before You Listen

Blinki will invite us to breathe deeply and think about how our breath feels. Take a big deep breath then exhale. Take a quiet slow breath.

How does it feel to take deep, slow breaths?

Blinki has a magic projector and this projector shows a picture, like a movie where Blinki remembers happy moments in his life.

What are some happy moments in your life?

Did you do something nice for someone?

Did they help you out?

How do you feel when you remember happy moments?

Blinki talks about love and kindness. Who are some people you love?

Who are some people that love YOU?

After You Listen

Take a slow stretch and think about how you feel now that you had a relaxing Moshi Moment with Blinki and his happy thoughts.



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 image, the word "moshi" is written in a white, lowercase, rounded, and slightly irregular font. The letters are thick and have a friendly, approachable feel. The word is positioned horizontally and is the central focus of the image.

moshi