

Mindfulness in the Classroom

Blurp Goes Back to School



A teacher with long dark hair, wearing an orange top, sits on the floor in a classroom, surrounded by four diverse children. They are all looking at each other, engaged in conversation. In the foreground, there are three Moshi plush toys: a purple one, a blue one, and a yellow one. The background shows 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:

SELF-MANAGEMENT: The ability to manage one's emotions, thoughts, and behaviours effectively in different situations. This includes the capacities to delay gratification, manage stress, and feel motivation and agency to accomplish personal/collective goals.

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 plan their writing by discussing and recording ideas.



Objective:

Use self-management skills to accomplish a goal by focusing on organisation.

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 organisation help me accomplish a goal?

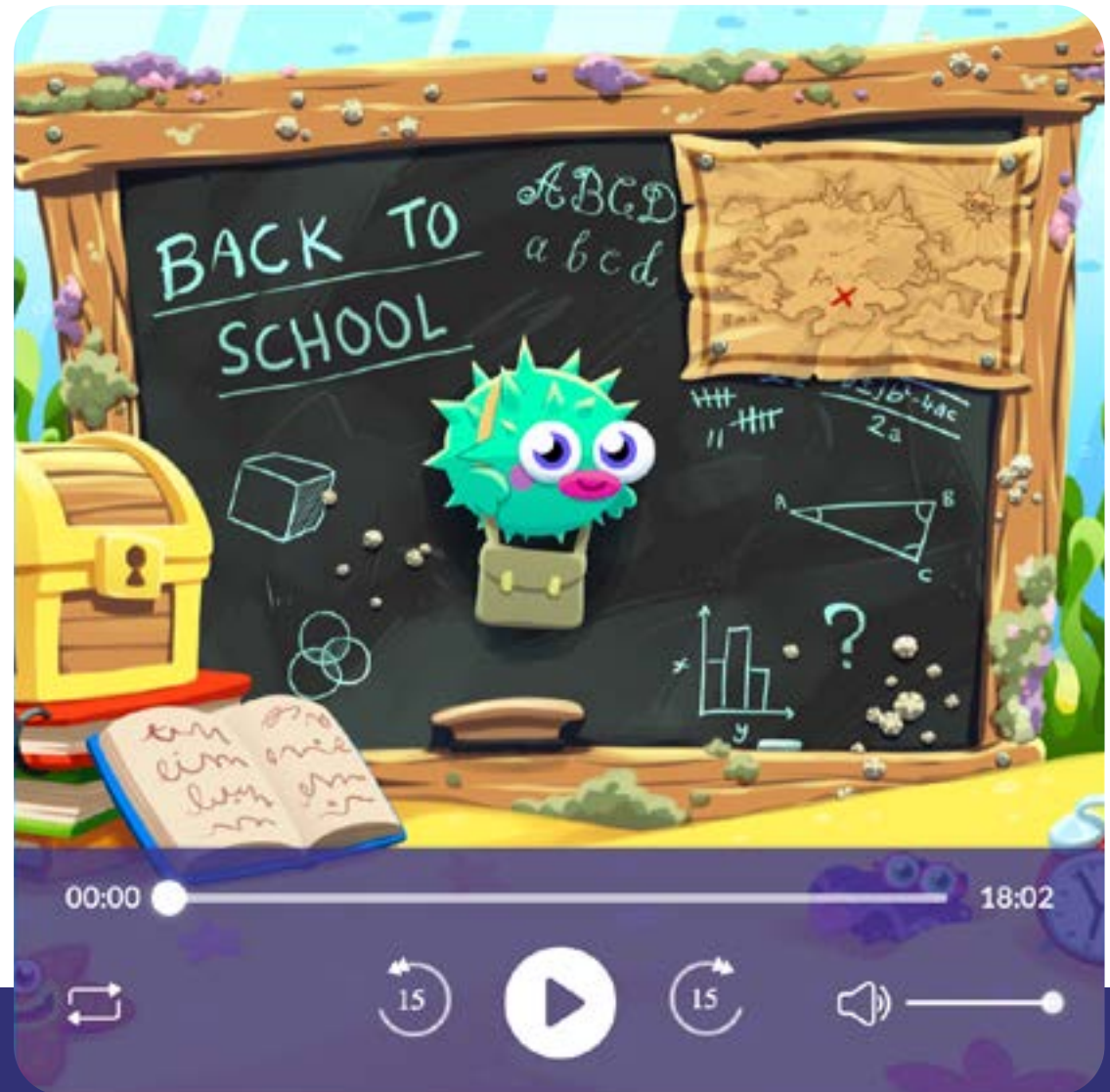
I Can:

I can accomplish a goal by using organisational skills.



Blurp Goes Back to School

Now we will listen to a story called 'Blurp Goes Back to School'. This is Blurp! Click on the picture to begin listening:



http://moshisleep.com/play/Blurp_Goes_Back_to_School_v1

Before you Listen

Today we will dive under the Potion Ocean to meet a Batty Bubblefish named Blurp. Blurp loves school, but he is a little nervous about going back to school this year.

- How do you feel before a new school year starts?
Give students a circle and have them colour how much of each emotion they feel before a new school year starts.

Red – scared

Orange – nervous

Yellow – excited

Blue – worried

Purple – happy

After You Listen

Blurp felt a lot better about going back to school when he remembered all the fun things he liked to do while in school. He made a list of games and activities that he thought was fun.

- What games and activities do you think are fun?
Make a list of fun school activities and games that you like to play. Share your list with a partner.

Teachers, show pupils a weekly calendar of how fun school activities will be organized for the class. Keep a calendar of activities and games so that pupils will know what fun is coming up soon.



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