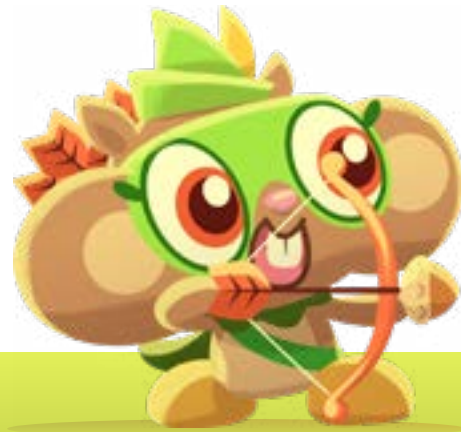


Mindfulness in the Classroom  
**Cheeko the Sheriff of Nuttingham**



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:

**RELATIONSHIP SKILLS:** The abilities to establish and maintain healthy and supportive relationships and to effectively navigate settings with diverse individuals and groups. This includes the capacities to communicate clearly, listen actively, cooperate, work collaboratively to problem solve and negotiate conflict constructively, navigate settings with differing social and cultural demands and opportunities, provide leadership, and seek or offer help when needed.

## 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.



**Objective:**

Use relationship skills to seek or offer help when needed.

**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 be helpful to others?

**I Can:**

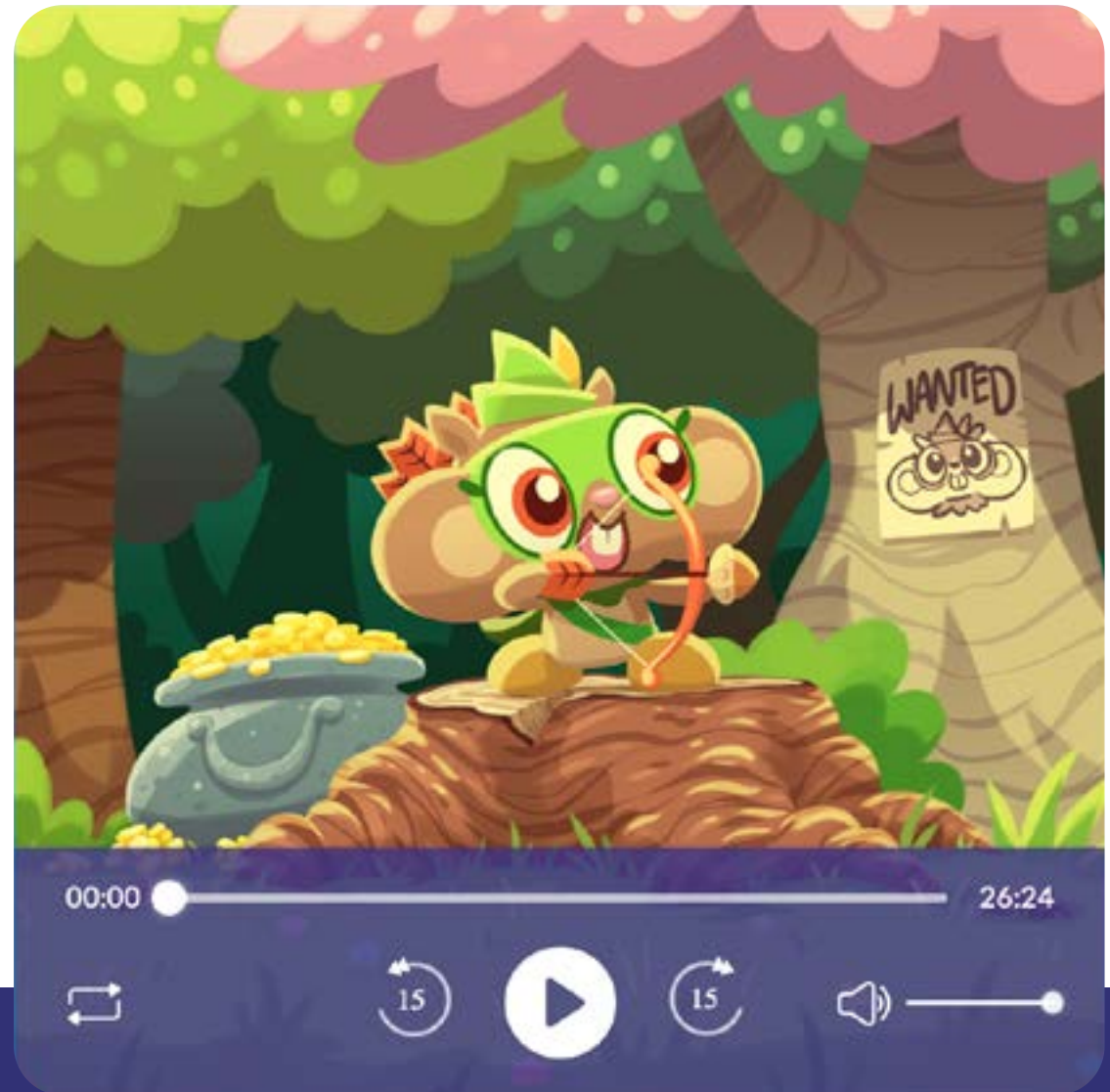
I can make other people happy with my behaviour.

I can help others when they are in need by sharing what I have.



## Cheeko the Sheriff of Nuttingham

Now we will listen to a story called 'Cheeko the Sheriff of Nuttingham'. This is Cheeko! Click on the picture to begin listening:



[http://moshisleep.com/play/Cheeko\\_the\\_Sheriff\\_of\\_Nuttingham](http://moshisleep.com/play/Cheeko_the_Sheriff_of_Nuttingham)

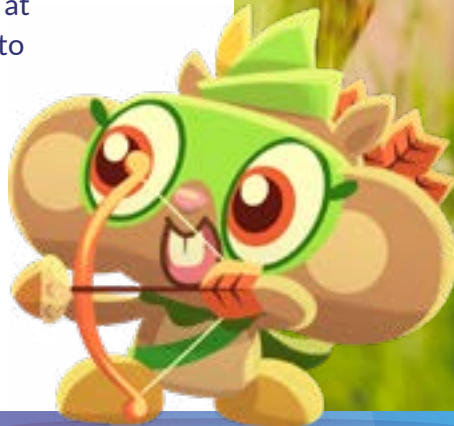
Today we will journey into Furwood forest to meet Cheeko the Sheriff of Nuttingham. Cheeko collected money from all the Moshlings to give to the king. The king was getting rich because Cheeko was taking all the Moshling's money. But one day Cheeko changed his mind and he wanted to give back all the money to the Moshlings. He grabbed the gold and rode off into the forest where he joined with the Moshlings to create a merry band.

- When have you joined a group?
- What did your group do?
- Did it help other people?

### After You Listen

Cheeko learned that giving back beats taking any day. The forest had become a wondrous place, so he wanted to stay and help all the Moshlings. Help Cheeko find all the lost gold in our forest (the classroom) and then give it to others to help make their day better.

\*Prior to the lesson, hide gold coins around the room with kind words on them. Then have students find the hidden coins. Have students give their coins to other students/teachers/workers at the school. They will be like Cheeko who distributed the gold to all the Moshlings in the forest.



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