Mindfulness in the Classroom

CocoLoco's Tiki Teddy Tale

Moshi For Schools

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.

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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.

Objective:
Use self-management skills to persevere in order to accomplish a goal.

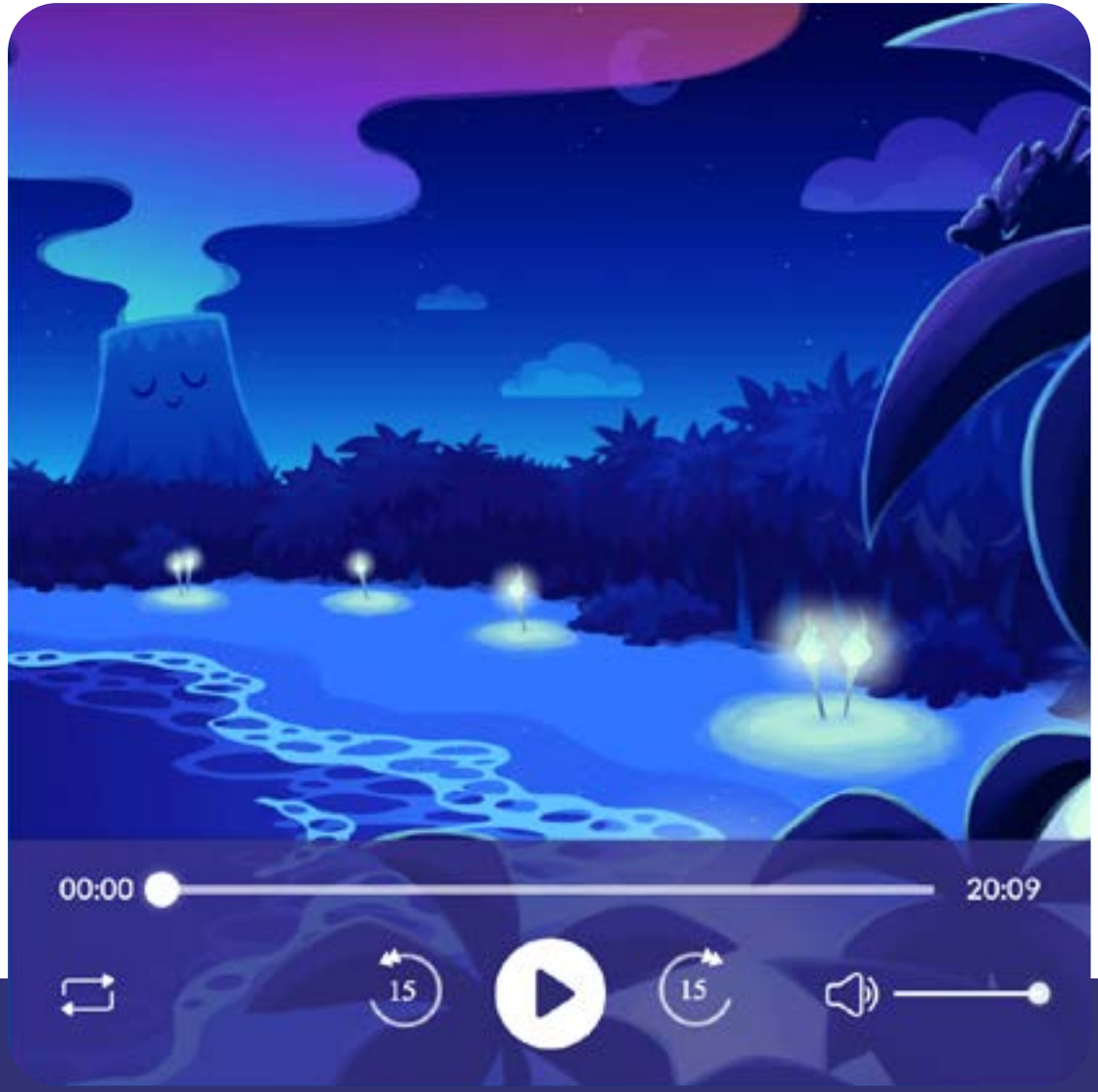
Curriculum:
This lesson is part of a well-designed curriculum that builds SEL skills sequentially. Students will continue to improve their self-management and self-awareness as well as other SEL skills in other short, high-quality lessons. During these lessons in which pupils are active participants,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

Essential Questions:
How can I persevere to accomplish a goal?

I Can:
I can accomplish a goal by persevering.

CocoLoco's Tiki Teddy Tale

Now we will listen to a story called 'CocoLoco's Tiki Teddy Tale'. This is CocoLoco! Click on the picture to begin listening:



http://moshisleep.com/play/Coco_Locos_Tiki_Teddy_Tale_v3

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Today we will go on an adventure with CocoLoco, the Naughty Nutter, who lives on the Island of Moshinesia. CocoLoco sleeps with a very special Tiki Teddy. But his Tiki Teddy is lost, and CocoLoco can't fall asleep without him!

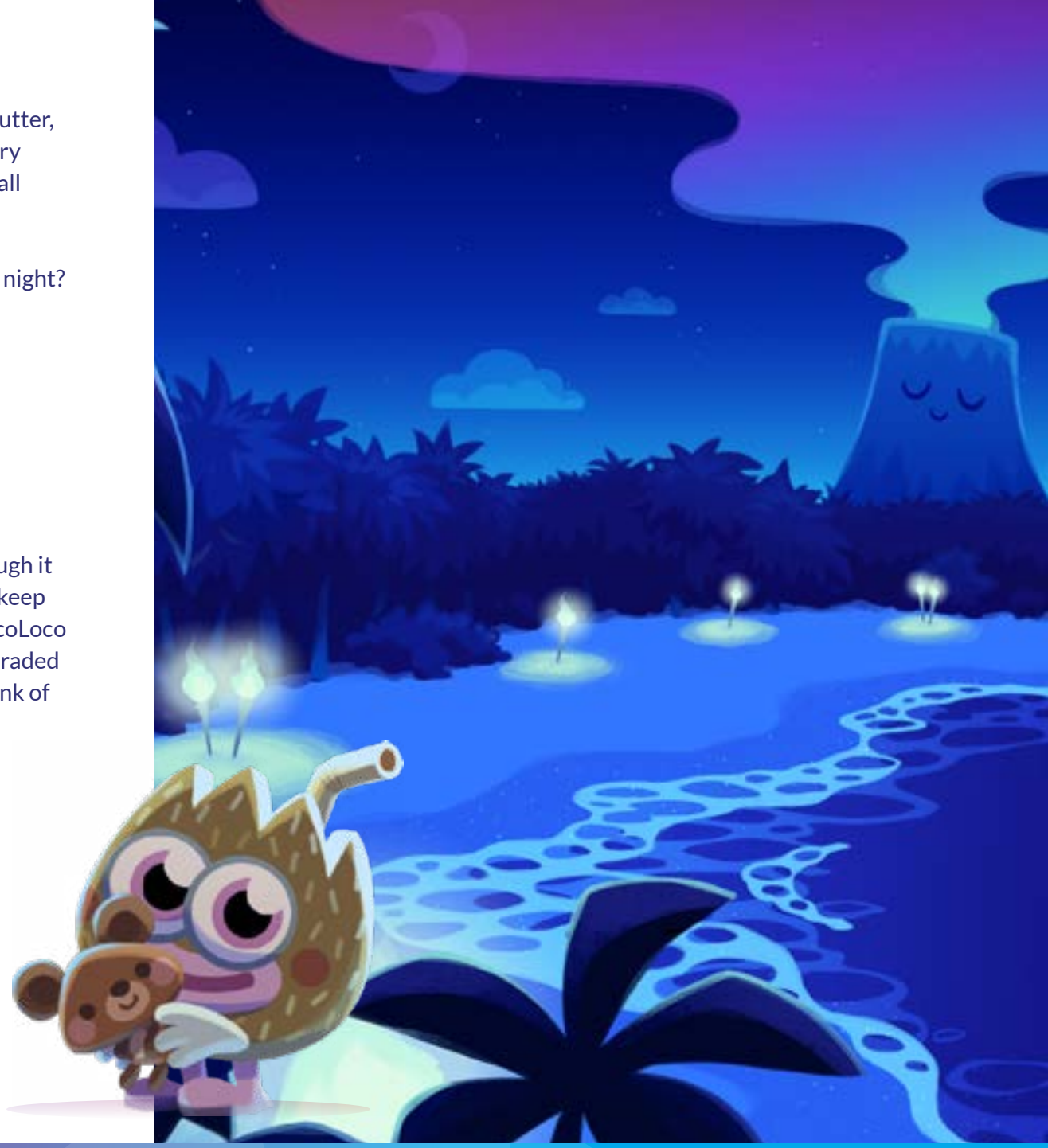
- Do you have a special animal or blanket that you sleep with at night?
- Have you ever tried sleeping without it?
- Has it ever been lost?
- How did you find it?
- How did you feel knowing that your special animal or blanket was lost?

After You Listen

CocoLoco had to find Tiki Teddy so he could fall asleep. Even though it was difficult CocoLoco had to persevere. To persevere means to keep going even when it gets difficult and you want to just give up. CocoLoco couldn't give up even when he learned that Tiki Teddy had been traded to scary Big Chief Tiny Head. When we persevere, we have to think of how to solve a problem in a different way.

Hand each student an ice-cube with a penny frozen inside. Tell students they must get the penny out, but they can not put it in their mouth or hit it with an object.

- How is melting the ice cube like working to reach your goals?
- Why do some people quit before reaching their goals?
- How does hard work and perseverance help you achieve your goals?



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