

Mindfulness in the Classroom  
**Cosmo's Dreamy Number Slumber**



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:

**SELF-MANAGEMENT:** The abilities to manage one's emotions, thoughts, and behaviours effectively in different situations and to achieve goals and aspirations. This includes the capacities to delay gratification, manage stress, and feel motivation & 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.

Mathematics Programmes of Study:

Pupils will count to and across 100, forwards and backwards, beginning with 0 or 1, or from any given number.



**Objective:**

Use self-management to manage one's emotions.

**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 own emotions?

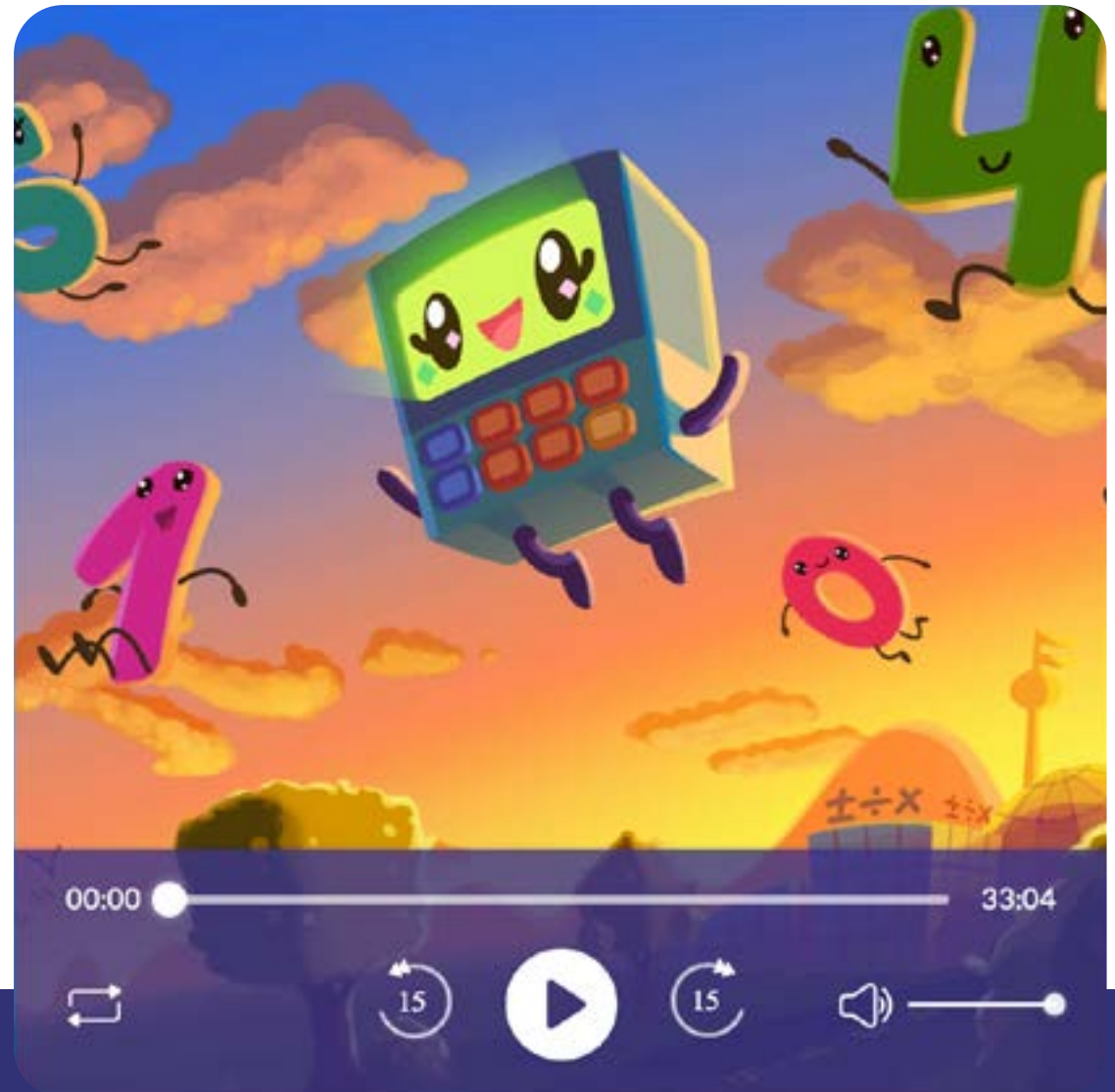
**I Can:**

I can manage my own emotions.



## Cosmo's Dreamy Number Slumber

Now we will listen to a story called 'Cosmo's Dreamy Number Slumber'. Click on the picture to begin listening:



[http://moshisleep.com/play/Cosmos\\_Dreamy\\_Number\\_Slumber](http://moshisleep.com/play/Cosmos_Dreamy_Number_Slumber)

## Before You Listen

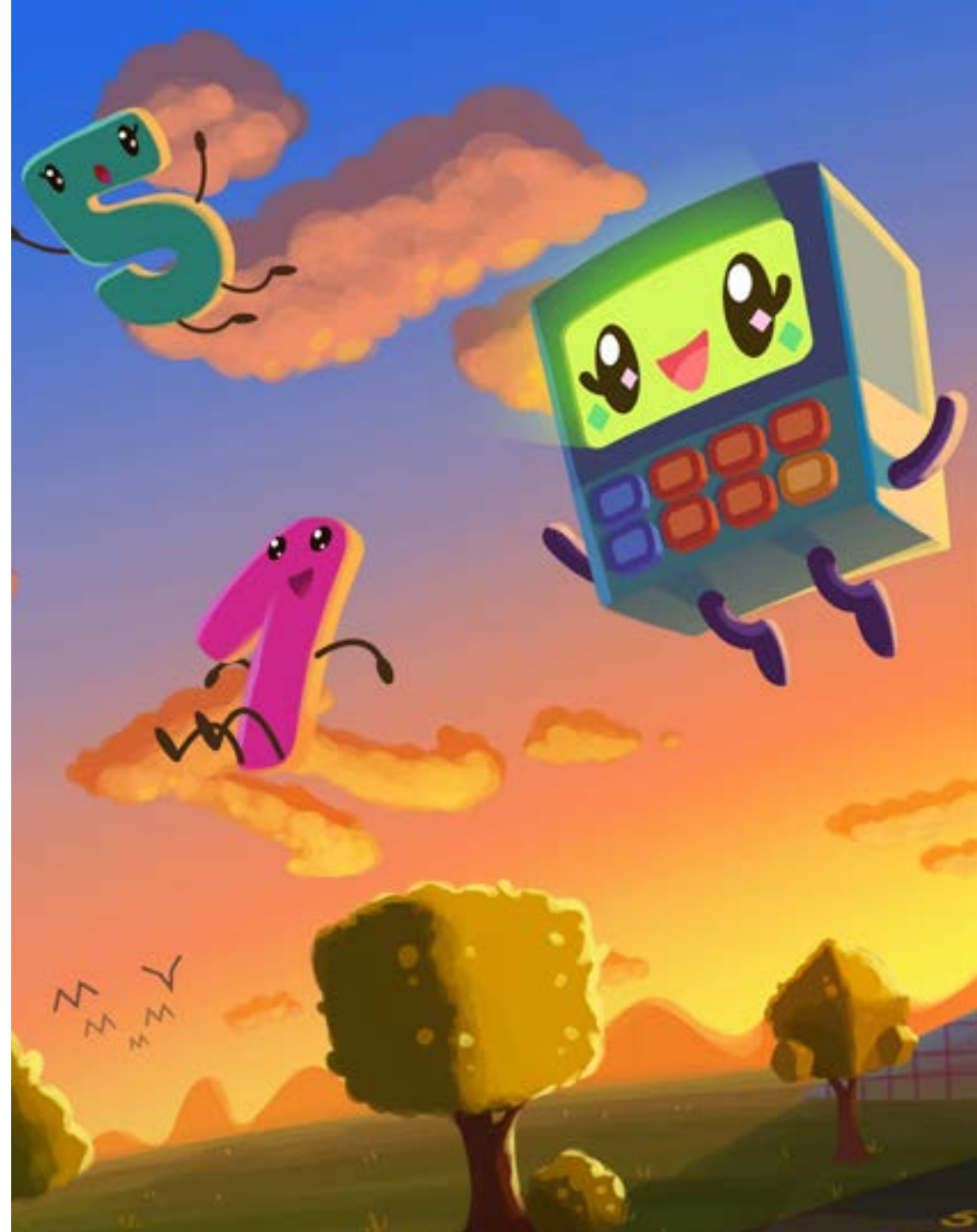
Today we are going to meet Cosmo, a Mini-Moshulator who loves math and dreaming. Cosmo loves numbers more than television!

- What is your favourite number?
- How do you feel when you see your favourite number?

## After You Listen

In his dream, Cosmo visits Trigonometric Town. The buildings are all shaped like triangles and he sees a bunch of numbers walking down the street. The numbers have so many questions for Cosmo and he loves helping them solve their numeric problems.

Draw a picture of your own mathematical town and don't forget to put in your favourite numbers walking down the street! What would the numbers in your town want to learn from you?



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