

Mindfulness in the Classroom
Day Five of Moshi Mindfulness
Thinking and Thanking





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:

SOCIAL AWARENESS: The abilities to understand the perspectives of and empathise with others, including those from diverse backgrounds, cultures, and contexts.

Understanding and expressing gratitude.

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 compose their sentences orally before writing them down.



Objective:

Identify the feeling of gratitude.

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:

What is gratitude?

What and who makes you feel grateful?

How can I manage my emotions during a difficult time?

I Can:

I can use gratitude to help me feel calm and relaxed.



Day Five of Moshi Mindfulness - Thinking and Thanking

Now we will listen to a meditation
from '7 days of Moshi Mindfulness'
called Day Five of Moshi
Mindfulness. This is Waldo! Click on
the picture to begin listening:



00:00  06:10



http://moshisleep.com/play/7_Days_Thinking_and_Thanking

Identifying Emotions

What is gratitude?

Gratitude is being grateful or thankful for someone or something. When we feel grateful we say, "Thank You". Let's practise saying thank you to someone for something they did, or some way they helped you.

What and who makes you feel grateful?
Write or draw about it now.
How do you feel when you are thankful for others?
What could you do to help someone today?

Get Ready to Listen

Now that you've learned about gratitude, let's get comfortable and get ready to use our mindful skills! We're going to stretch, then relax our bodies. Then we'll use our breathing skills. We'll use our imagination to think about the wonderful world of Moshi where the Moshlings play, and today we will add something new and think about who makes us feel grateful. Let's listen now.

After You Listen

How do you feel now? What did you think about?
Write or draw about it now.

During your Home Time Activity, you'll make Thank You cards for others and, if you have the app, you can listen to a Moshling Story about giving thanks!



The image features a background of several overlapping, semi-transparent circles in various shades of blue, ranging from a deep, dark blue to a bright, light blue. The circles are arranged in a way that they overlap each other, 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