

Mindfulness in the Classroom
Day Four of Moshi Mindfulness
Picturing Peace



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:

RESPONSIBLE DECISION-MAKING: The abilities to make caring and constructive choices about personal behaviour and social interactions across diverse situations.

Demonstrating curiosity and open-mindedness.

Identifying solutions for personal and social problems.

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 imagination and visualization as a mindfulness technique.

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 use my imagination to help me relax?

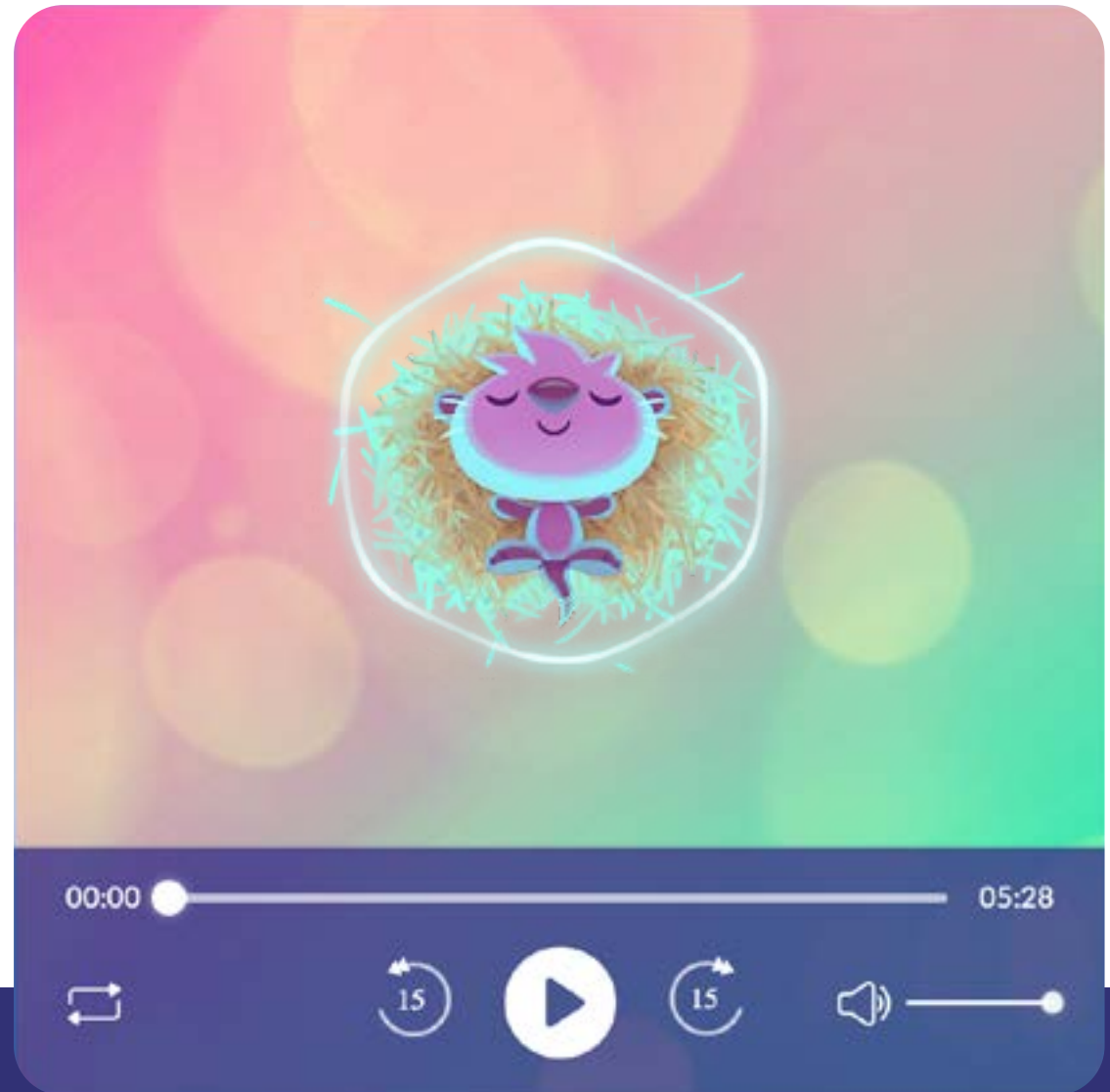
I Can:

I can use my imagination to help me relax by practicing mindfulness.



Day Four of Moshi Mindfulness - Picturing Peace

Now we will listen to a Meditation from '7 days of Moshi Mindfulness' called Day Four - Picturing Peace. This is Yawnsy! Click on the picture to begin listening:



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

Today we will talk about our imaginations. Imagination is when our mind creates pictures and ideas. Let's practice using our imagination to picture some things we like.

Imagine something you like to do, like playing a game. Picture yourself doing that now.

Imagine someone you like to spend time with. Picture that in your mind.

Imagine something delicious you like to eat. Picture yourself eating and enjoying it now.

You will have a chance to use your imagination to picture a wonderful place where you can find your Inner Smileyness today. Then, during your Home Time Activity, you will hear a story about other Moshlings who like to be mindful, too!

After You Listen

Today we pictured a snowy mountain, a meadow, or another beautiful place.

What place did you imagine?
Did you feel your Inner Smileyness?
What did it feel like?

You used your imagination to picture a wonderful place where you found your Inner Smileyness today. Next, during your Home Time Activity, you will hear a story about other Moshlings who like to use their imaginations too!





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