

Mindfulness in the Classroom  
**Day One of Moshi Mindfulness**  
**Getting Started**



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-AWARENESS:** The ability to accurately recognise one's own emotions, thoughts, and values and how they influence behaviour. The ability to accurately assess one's strengths and limitations with a well-grounded sense of confidence and optimism.

**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.

**Writing – Statutory Requirements:**

Pupils will discuss what they have written with other pupils.



**Objective:**

Use self-awareness evaluation skills to recognize when to use a self-management 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 do I feel?

What can I do to calm down?

What is mindfulness?

How can I use mindfulness every day?

What are the benefits of mindfulness?

**I can:**

I can use mindfulness to identify and manage my emotions.



## Day One of Moshi Mindfulness -Getting Started

Now we will listen to a meditation from '7 days of Moshi Mindfulness' called Day One - Getting Started. This is Dewy! Click on the picture to begin listening:



[http://moshisleep.com/play/7\\_Days\\_Getting\\_Started](http://moshisleep.com/play/7_Days_Getting_Started)

This short, step-by-step program is designed for your class to begin a simple, seven-day introduction to Moshi Mindfulness.

## Day One:

Let's listen together and learn about mindfulness.

### After You Listen

Let's talk about how you were mindful today.

Relax your body.

Breathe in and out slowly.

Breathe in like you're smelling a flower.

Breathe out like you're blowing out a candle.

Feel your breath going into your body...and out of your body.

Imagine a stream and let it drift past.

Taking a moment each day takes practice, but it gets easier the more you do it!

You have taken your first step towards achieving what the Moshlings like to call Inner Smileyness!

Come back tomorrow for Day Two of Moshi Mindfulness!



The image features a background of 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 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