

Lesson Overview

Day Two of Moshi Mindfulness

Streams of Thought

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.

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 mindfulness to identify 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 do I feel?

What can I do to understand my emotions?

What can I do to manage my emotions?

I Can:

I can use mindfulness to identify and manage my emotions.



Mindful Teaching Tips

Make a Comfortable Mindful Space

When doing mindfulness exercises with your class, give them enough space to stretch if instruction is in person. If instruction is virtual, it may be challenging to help students find a quiet place to work, much less be mindful. Include in your communication with families the importance of making sure learners have quiet places to learn, and to be mindful. If you are instructing virtually, your image of calm on the screen may be the most relaxing vision they've seen in a while. If you are in the classroom, adding calming lighting options and space to sit on a cushion or mat during mindfulness activities may increase focus time.

Teaching Transcript

Today we will continue on our journey to mindfulness. First, we will review what we learned yesterday. Think about the river where your thoughts will float away during our meditation. We picture our thoughts floating away so we can focus on relaxing our minds. When we have many thoughts, it can be hard to relax or calm down.

Moshlings like to breathe deeply to calm down. Let's practice our slow, deep, and quiet breaths. We will take notice of our thoughts and feelings. What are you thinking about? How are you feeling?

We will relax our bodies today. First we will move our bodies. Wiggle your toes. Now quietly move your feet. Move your legs. Stretch your arms in your own space. Move your back and stretch your shoulders. Gently move your body and work out your energy. Don't touch anyone else – this is your time to move!

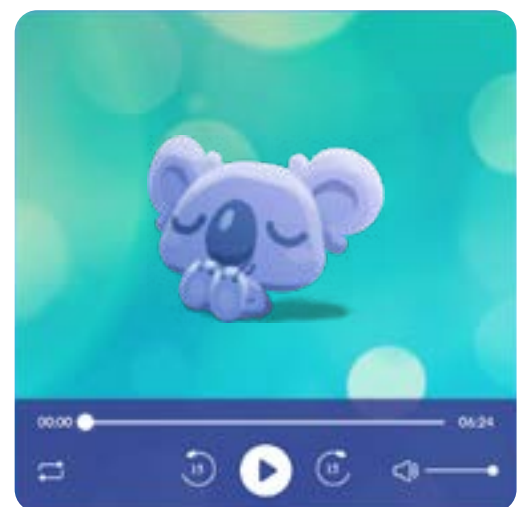
Now that we have practiced our breathing and moved our bodies, it's time to listen to the Moshlings teach us more about being mindful.

Get Ready to Listen

Stretch any part of your body you need to, then get comfortable. Focus on your breathing. Take a slow, deep breath, and let's begin!

After You Listen

How did you feel after listening? What sounds did you focus on? What did you think about? How did your body feel after breathing deeply? Did you have thoughts that you let pass by?



Home Time Activity

You will get a chance to practice what you learned during Day Two of Moshi Mindfulness. During our lesson today, we worked on noticing how our bodies and minds feel during deep breathing and mindfulness. Now you will be able to practice this skill more with Yawnsy's Blissful Body Scan.

Here are the steps of Yawnsy's Blissful Body Scan.

1. Lie down and get comfortable with your arms beside you and palms facing up.
2. Take deep, slow breaths like you practiced and relax your body.
3. Wiggle your toes slowly.
4. Scrunch up your toes like you are squishing a pillow, then let go.
5. Feel your breath going down into your legs, feet, and toes. Then back up again.
6. Pretend your legs are melting slowly.
7. Feel your chest rising and falling as you breathe.
8. Wiggle your fingers.
9. Think about your breath moving down your arms into your fingers.
10. Squish up your nose, then let it relax.
11. Relax your face and head.

Weekly Theme Card

Get comfortable
and breathe
deeply.

Feel your body
relax.

Send your
thoughts and
worries down the
stream.

Focus on the
sounds around you.

Breathe slowly
until you are calm

