

Mindfulness in the Classroom
Day Two of Moshi Mindfulness
Streams of Thought





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.

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 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?

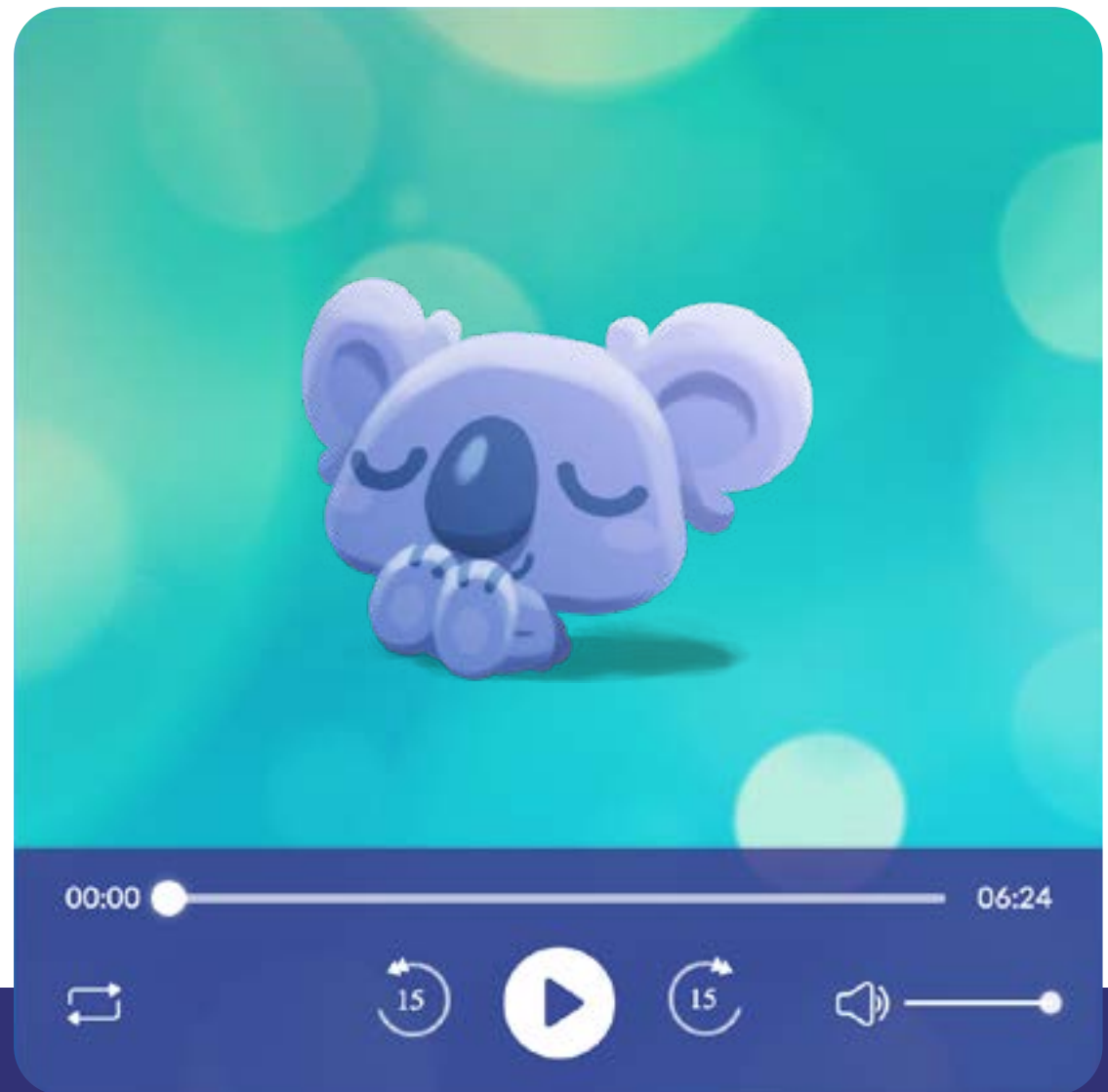
I Can:

I can use mindfulness to identify and manage my emotions.



Day Two of Moshi Mindfulness - Streams of Thought

Now we will listen to a Meditation from '7 days of Moshi Mindfulness' called Day Two - Streams of Thought featuring SleepyPaws! Click on the picture to begin listening:



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

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?



The word "moshi" is written in a white, rounded, lowercase sans-serif font. The letters are thick and have a friendly, approachable feel. The 'm' and 'o' are connected, as are the 's' and 'h'. The background consists of several overlapping circles in various shades of blue, ranging from a deep navy to a bright sky blue. The circles are semi-transparent, creating a layered effect. The word "moshi" is centered horizontally and vertically within the frame.

moshi