

Mindfulness in the Classroom
Delightful Deep Breathing with Nancy



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.

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:

Identifying and managing one's 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 Question:

How can I use mindfulness and deep breathing to manage my emotions?

I can:

I can use mindfulness to identify and manage my emotions.



Delightful Deep Breathing with Nancy

Through the physical act of deep breathing and being aware of the breath moving in and out of the body, you will be able to learn and practice these techniques inside and outside of the classroom.

How Are You?

Today you will practice breathing to relax yourself. Nancy is a magical Moshling who can help you to calm down when you are sad or mad.

How do you feel right now?

Write or draw about it on your Theme Card.

Let's Celebrate!

Nancy loves to celebrate her friends and family. Think about who in your life you want to celebrate during today's meditation.

Who do you love to celebrate?

What about these people makes you want to celebrate them?



Get Ready to Listen

Now we will listen to a story called Delightful Deep Breathing with Nancy. During her story Nancy thinks about who she loves to celebrate. Think about the people you want to celebrate during that time. Get comfy...get calm...and away we go!

After You Listen

Stretch your body slowly and feel the calm within you. You just learned how to use deep breathing to relax. Draw a picture on your Theme Card about how you feel now that you have breathed with Nancy.

Nancy pictures the people she wants to celebrate when she practices her deep breathing by blowing out her magical candles. What other calm and peaceful things could you think of while you are breathing to relax? Write about them or draw on your Theme Card now.

Celebrating YOU!

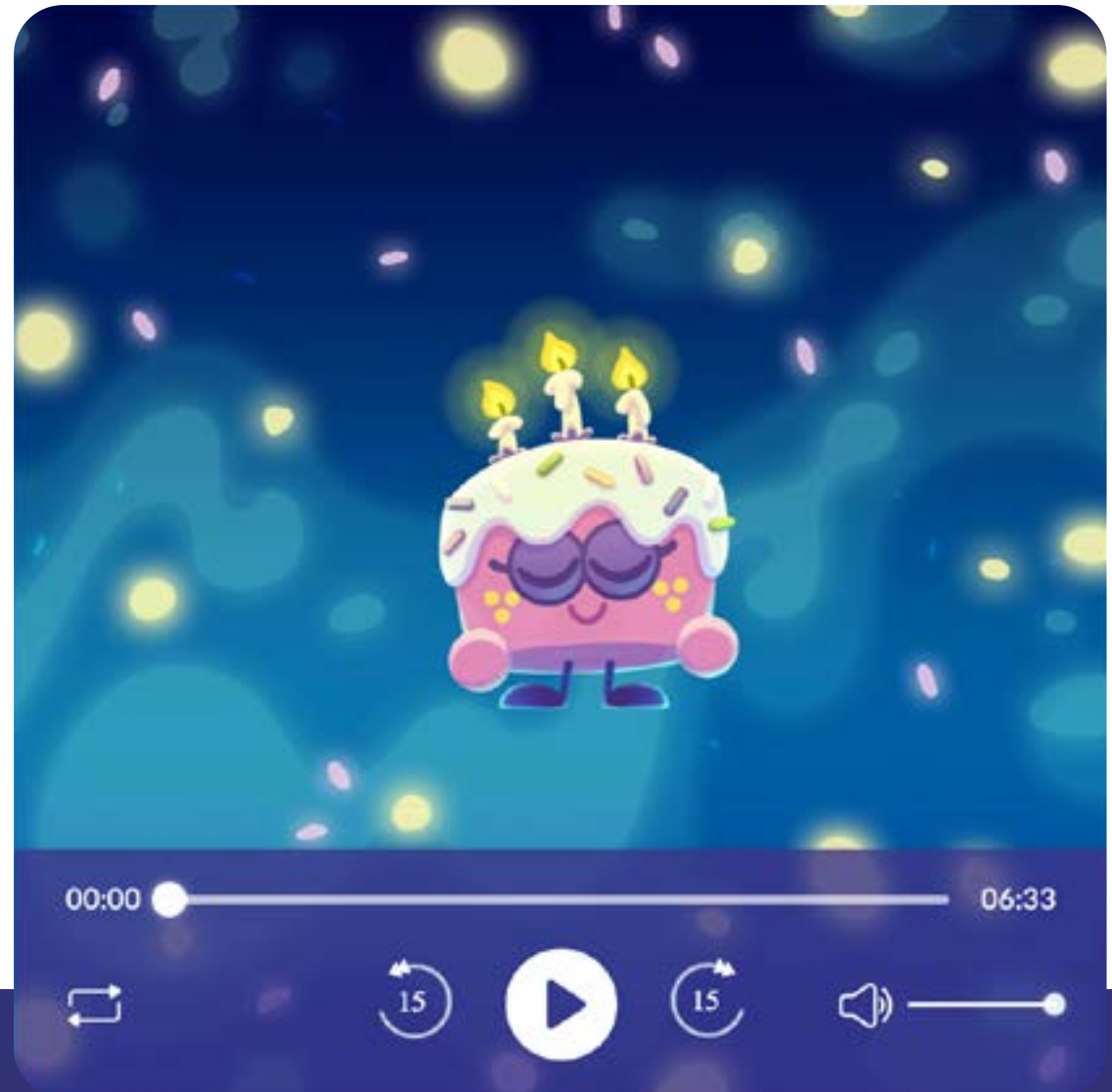
Think about what you can celebrate about yourself! Write or draw about something that you are proud of on your Theme Card.

Think about when you can use deep breathing. When could you use it in school? When could you use it at home? You will get a chance to practice Nancy's Delightful Deep Breathing at home with your Home Time Activity.



Delightful Deep Breathing with Nancy

Now we will listen to a Moshi Moment called 'Delightful Deep Breathing with Nancy'. This is Nancy! Click on the picture to begin listening:



http://moshisleep.com/play/Delightful_Deep_Breathing_with_Nancy

The image features a background of several 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 composition, the word "moshi" is written in a white, rounded, sans-serif font. The letters are thick and have a friendly, approachable feel. The overall aesthetic is clean, modern, and calming.

moshi