

Mindfulness in the Classroom

Fuddy the Pudgy Fubble



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:

RELATIONSHIP SKILLS: The abilities to establish and maintain healthy and supportive relationships and to effectively navigate settings with diverse individuals and groups. This includes the capacities to communicate clearly, listen actively, cooperate, work collaboratively to problem solve and negotiate conflict constructively, navigate settings with differing social and cultural demands and opportunities, provide leadership, and seek or offer help when needed.

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:

Use relationship skills to cooperate and help others.

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 do my best to cooperate with and help others?

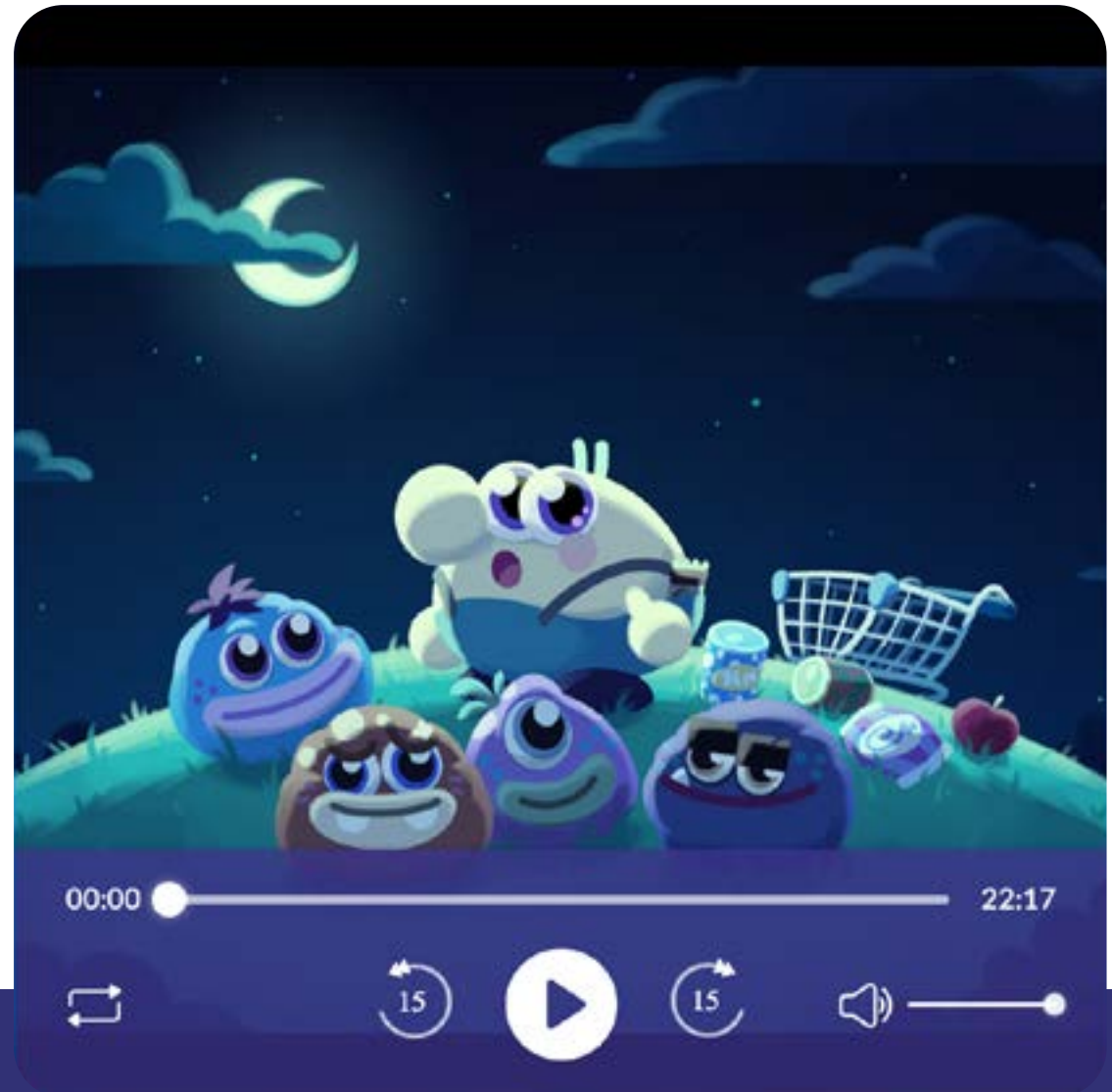
I Can:

I can cooperate with and help others.



Fuddy the Pudgy Fubble

Now we will listen to a story called 'Fuddy the Pudgy Fubble'. This is Fuddy! Click on the picture to begin listening:



http://moshisleep.com/play/Fuddy_the_Pudgy_Fubble

Acts of kindness and small gestures can bring joy to others. Today we met Fuddy the Pudgy Fubble who helps others. He is generous, warm, and kind. But he is different from the other Moshlings, so sometimes the other Moshlings laugh at him. It is important to use kind words.

- Why should we use kind words?
- Has someone ever said something to you that hurt your feelings?
- How could they have said it so your feelings would not have been hurt?

Have students draw thought bubbles and fill the bubbles with kind words they can say to a classmate, friend, teacher, parent, etc.

After you Listen

Create a kindness chain for the classroom. Every time a student in the class does something nice for a classmate, write in on a link and add it to the chain. Keep links and pens in an open space for students to create links throughout the year. Watch the kindness chain grow longer and longer all year!



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 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