

# Mindfulness in the Classroom

## **Fusty's Fabulous 80s Drream**



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 seek help and listen to others in order to problem solve.

**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 seek help and listen to others in order to solve a problem?

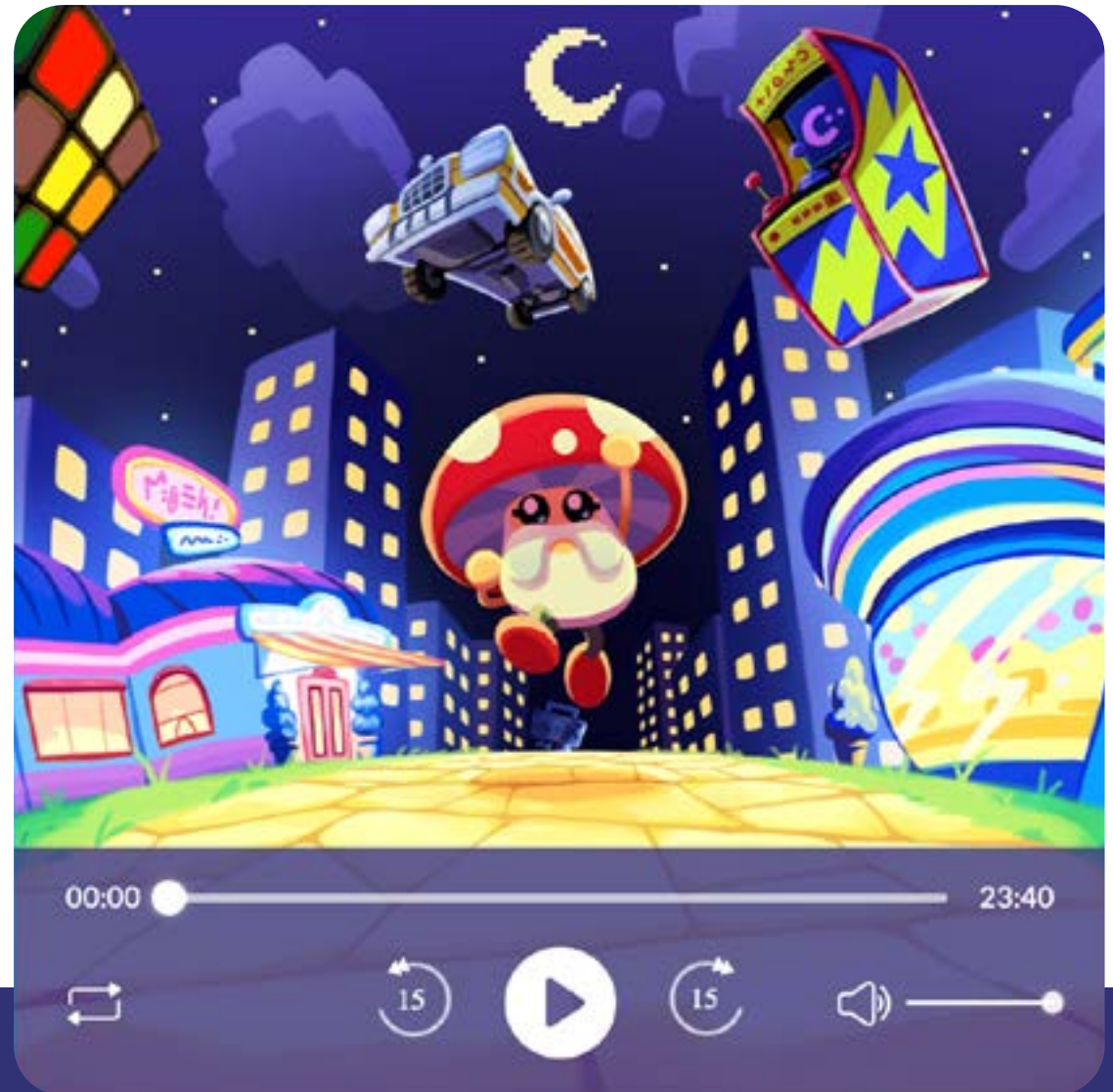
**I Can:**

I can seek help and listen to others to help solve my problem.



## Fusty's Fabulous 80s Dream

Now we will listen to a story called 'Fusty's Fabulous 80s Dream'. This is Fusty! Click on the picture to begin listening:



[http://moshisleep.com/play/Fustys\\_Fabulous\\_80s\\_Dream](http://moshisleep.com/play/Fustys_Fabulous_80s_Dream)

Today we will travel back to Eightiesville in Fusty the Fabled Fungi's dreams. Fusty loves to dream about the past when he felt very happy and had lots of friends. Back then, he loved his clothes, video games, and music.

- What do you dream about?
- How do you feel in the dream?
- How do you feel when you wake up from the dream?

The problem is that Fusty doesn't enjoy his life right now because he is always thinking about the past. He often wakes up wishing time had not moved on. He falls asleep and goes to look for his friend, Hip Hop, in the town square. When he finds Hip Hop, he listens to what his friend has to say to help him learn to be happy in the present.

- Have you ever asked a friend to help you understand something?
- Have you ever asked a friend to help you with a problem?
- How did your friend know you listened carefully to what they said?

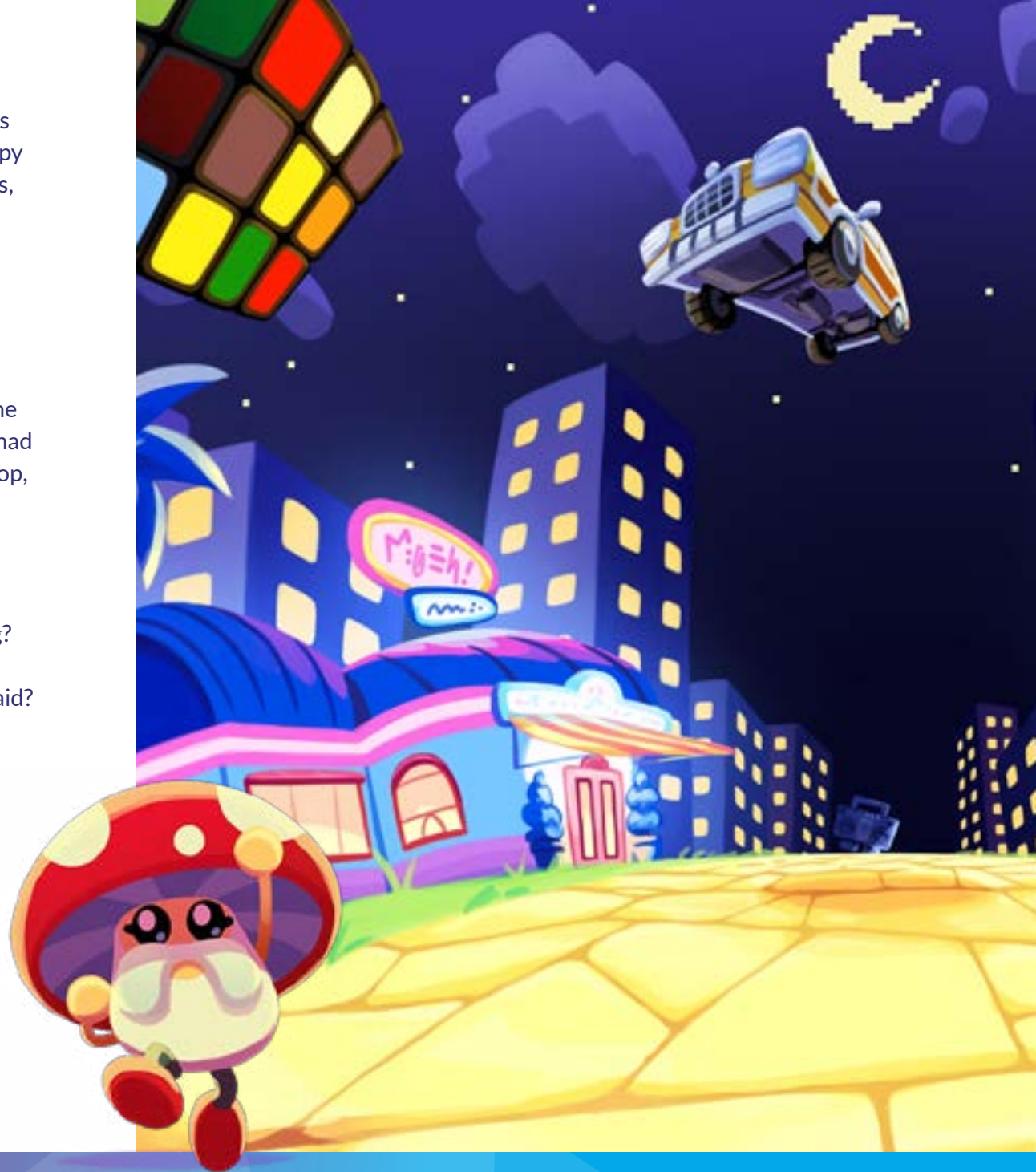
### After You Listen

Hip Hop told Fusty that things have changed since the 80s. He said that life now is wonderful and "just think of all you've got."

Write down a list of 3 things that are wonderful about your life right now. Can you write more than 3? Can you write 5? Or even 10?!

### Prompts:

- What do you have or what do you do that you really enjoy?
- Who is in your life right now that you love being around?



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