

Mindfulness in the Classroom

Gumdrop's Magical Meditation Spheres





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 participate in a discussion about stories that are read to them, taking turns and listening to what others say.

Pupils will develop positive attitudes to reading by listening to and discussing a wide range of fiction.

Writing – Statutory Requirements:

Pupils will plan their writing by discussing and recording ideas.



Objective:

Use self-awareness to focus attention on releasing negative 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 can I focus my attention to release negative emotions?

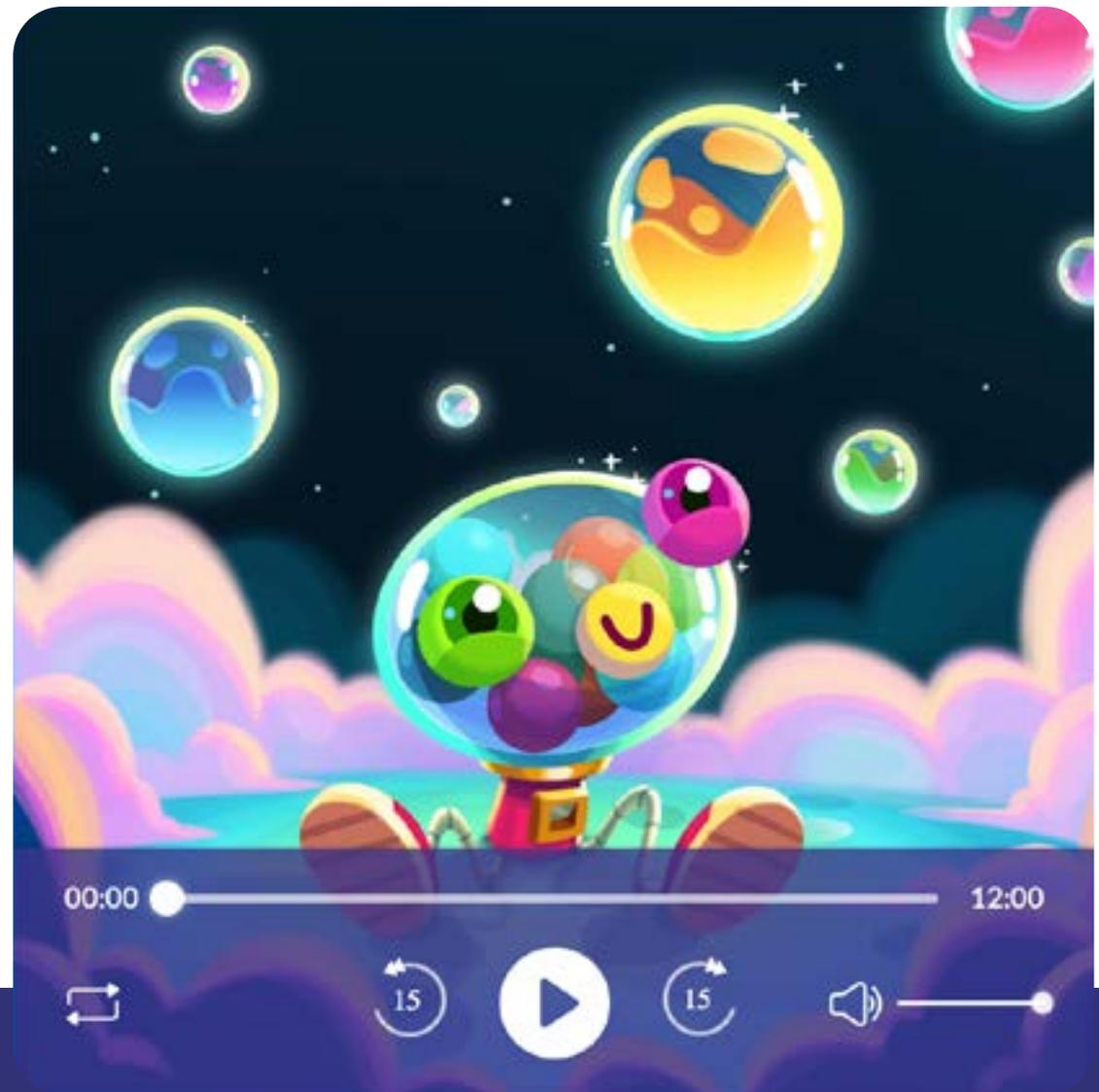
I Can:

I can focus my attention to release negative emotions.



Gumdrop's Magical Meditation Spheres

Now we will listen to a meditation called 'Gumdrop's Magical Meditation Spheres'. This is Gumdrop! Click on the picture to begin listening:



http://moshisleep.com/play/Gumdrops_Magical_Meditation_Spheres

Gumdrop, the Bendy Vandy's transparent head is full of items to help you relax. While his head looks a lot like a gumball vending machine, it contains magical meditation spheres to help let go of negative thoughts and emotions.

Before You Listen

Find a comfortable spot where you can sit cross-legged on the floor. Close your eyes and begin to relax.

After You Listen

During the meditation, you pictured two magical meditation spheres.

- What did they look like?

Today, we are going to decorate our own meditation spheres.

You can either use the image from your meditation or create something totally new. You can paint or colour your meditation sphere however you want in order to help you focus during a meditation.

Teachers, provide pupils with small wooden balls to paint or use markers to colour.



The image features a background of 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