

# Mindfulness in the Classroom

## **Jinx the Magnificent Sphinx**



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.



**Objective:**

Use relationship skills to communicate effectively with 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 communicate effectively with others?

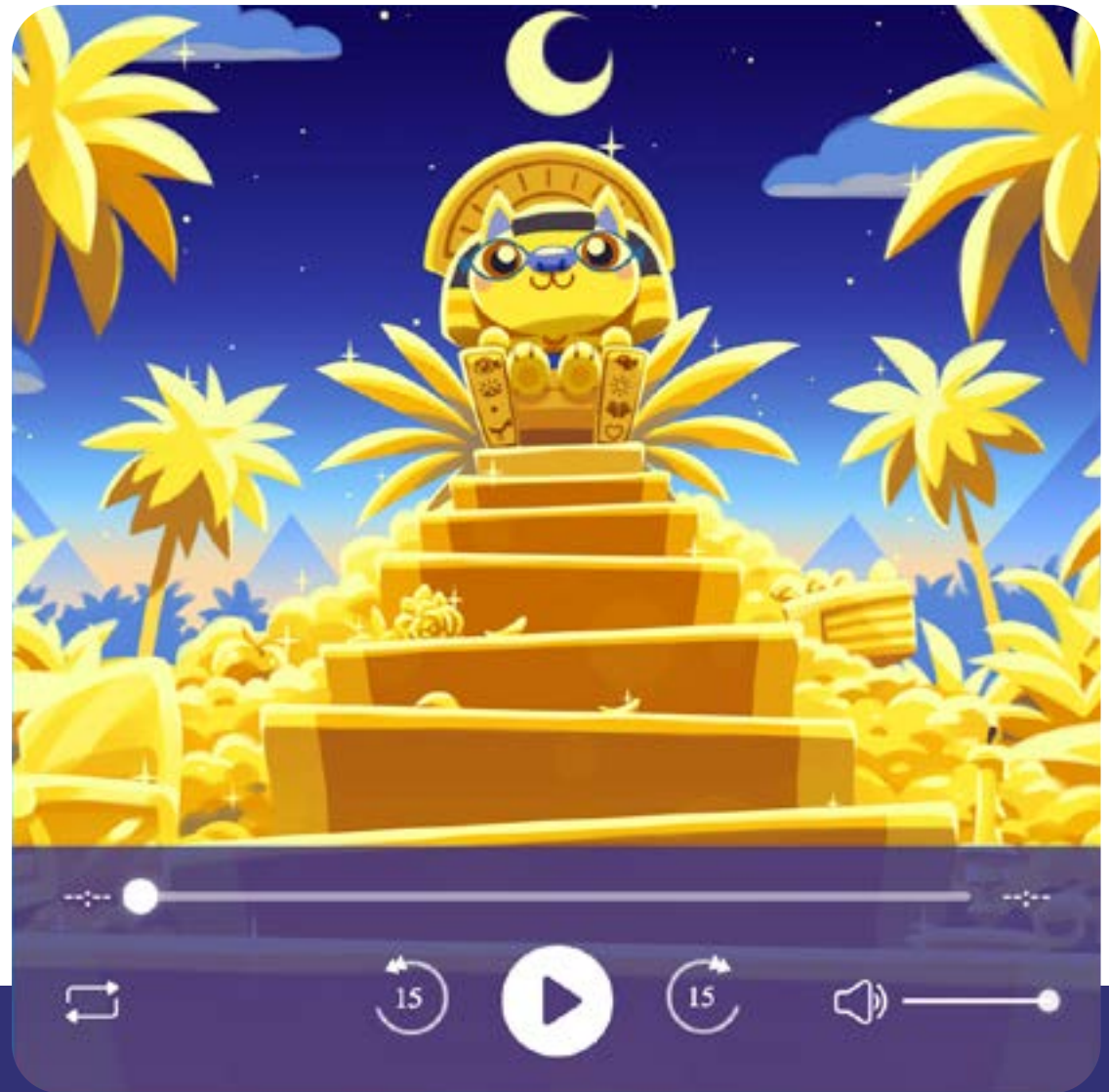
**I Can:**

I can communicate effectively with others.



## Jinx the Magnificent Sphinx

Now we will listen to a story called 'Jinx the Magnificent Sphinx'. This is Jinx! Click on the picture to begin listening:



[http://moshisleep.com/play/Jinx\\_the\\_Magnificent\\_Sphinx](http://moshisleep.com/play/Jinx_the_Magnificent_Sphinx)



Today we will journey to an ancient desert kingdom to meet a royal pharaoh named Jinx, The Magnificent Sphinx. Jinx was a great leader who helped others, but he had one flaw. Sometimes he was greedy even though he had everything. One day a traveling wizard came to his kingdom and granted him one wish.

If you had one wish, what would it be? (And you can't wish for more wishes!)

### After You Listen

Jinx's wish ended up feeling more like a curse, so he went to find the traveling wizard. When Jinx found the wizard, he asked him to reverse the wish. The wizard was confused – he gave Jinx exactly what he asked for. Jinx didn't think about how his wish would impact his life, all he wanted was more riches.

If Jinx had clearly communicated with the traveling wizard, he would have been in a much different spot.

With a partner, sit back to back. One person will be given a card with an object on it and the other person will have a blank piece of paper. The person with the card will describe what is on it with their words and the other person will try to draw it. When done, compare the card and drawing. Then switch roles and try again with a new card.



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