

# Mindfulness in the Classroom

## **Lubber and the Sub-Zero Hero**



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 build and strengthen friendships.

**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 work in a positive way with my friends?

**I Can:**

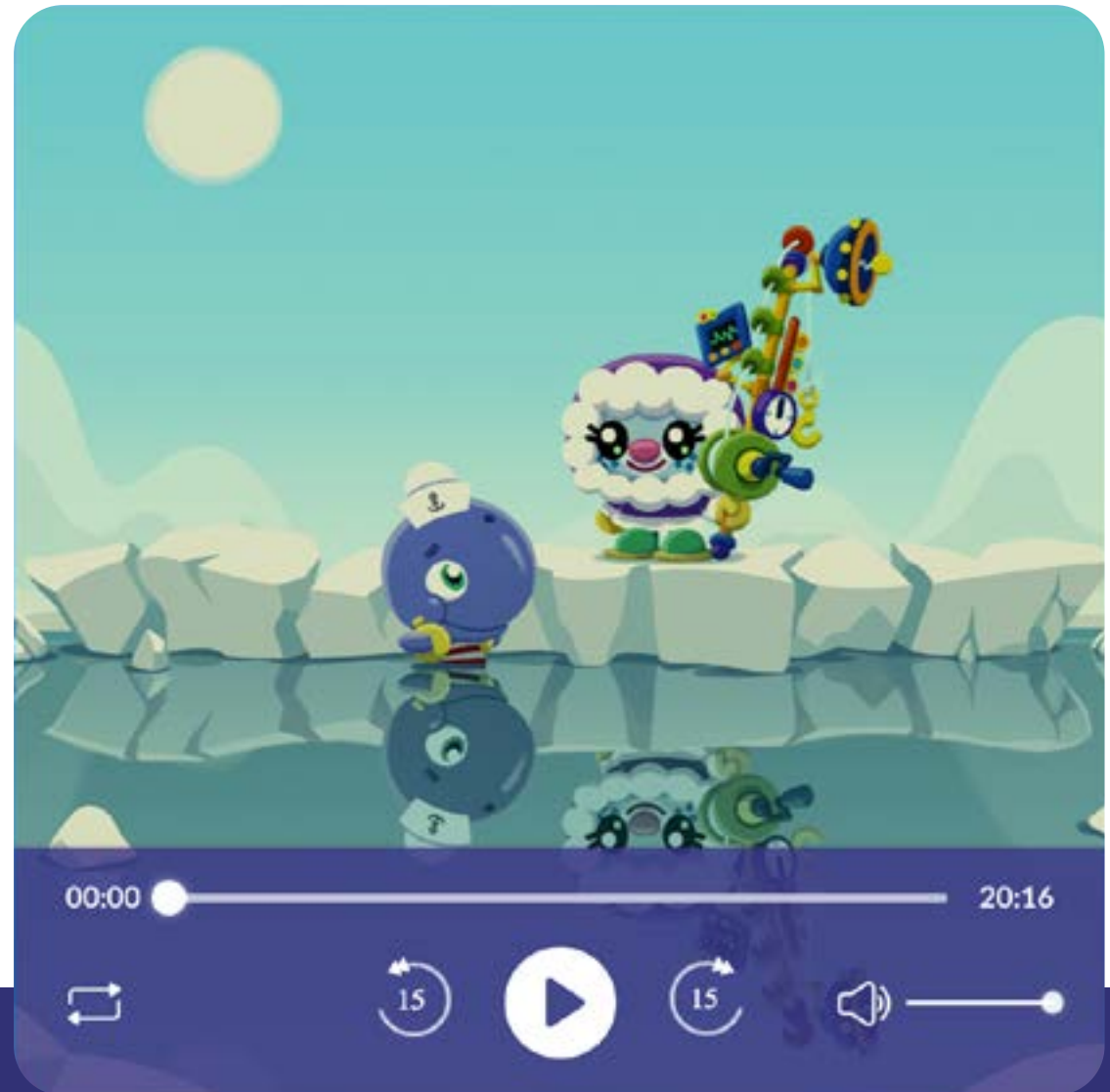
I can cooperate with others.

I can be empathetic to others.



## Lubber and the Sub-Zero Hero

Now we will listen to a story called 'Lubber and the Sub-Zero Hero'. This is Lubber the Whimsical Whale! Click on the picture to begin listening:



[http://moshisleep.com/play/Lubber\\_and\\_the\\_Sub\\_Zero\\_Hero](http://moshisleep.com/play/Lubber_and_the_Sub_Zero_Hero)

Today you will take a journey to the cold land of Frostipop and meet Lubber the Whimsical Whale. Here Lubber meets Otto the Sub-Zero Hero, who asks for his help to spread an eco message across the world. Otto has a magic fishing pole that measures all kinds of things and he is worried about changes in the ice.

### **Lubber helps to spread the eco message.**

What eco message would you like to help spread to the world?

What are some ways we can take care of our world?

### **Lubber works with his friend to help stop the ice caps from melting.**

What friend do you like to work with?

When have you worked together with a friend to solve a problem?

### **After You Listen**

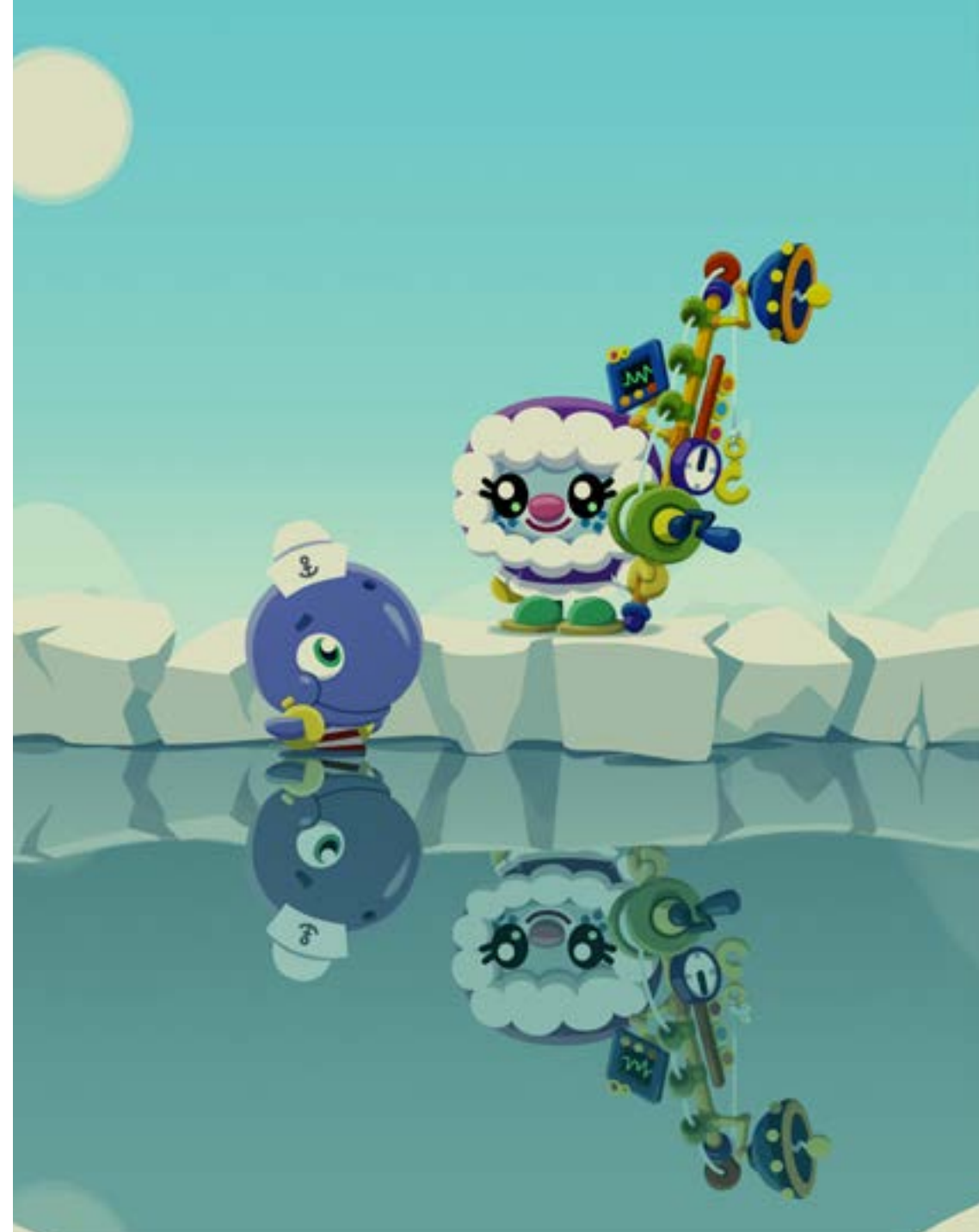
Lubber becomes worried about his new friend, Otto, so he goes to see him. When he gets there, he finds Otto has left him a special gift of the magic pole.

Have you ever received a special gift from a friend?

- What was it?
- How did it make you feel?

Have you ever given a special gift to a friend?

- What made it special?
- How did your friend react to the gift?



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, lowercase, rounded, and slightly irregular font. The overall aesthetic is clean and modern, with a focus on geometric shapes and a cool color palette.

moshi