

# Instructional Learning Time: Tips for Integrating Academic and Social-Emotional Learning



1

Play Moshi Music in the background to help students monitor voice level, practicing self-control.

Use Moshi Sounds during ELA to promote creativity and visualization through writing and drawing.

2

Use Moshi Moments and Meditations to teach social-emotional and mindfulness skills. Each Moment and Meditation is a lesson, already created, just press play.

## Moshi Sounds that Promote Creativity

Soothing Winds of Sillio-manjaro

Calming Moshi Camp Fire

Oobla Doobla Drums

The Sound of Moosic



## Moshi Tracks that Teach SEL

No More Nerves with Ivy

Pinky's Peaceful Breathing

Yawnsy's Blissful Body Scan

Be Kind to Your Mind with  
Professor Feathersnooze

3

Have students start a daily diary of observations and reflections, either by writing or drawing. Listen to the Buster's Diaries, a daily 2 minute diary of Buster Bumblechops' quest of discovery. Have students journal quietly for 2 minutes. This promotes literacy, SEL, and mindfulness and builds daily habits of wellness.



  
**moshi**  
for  
Schools