

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.

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 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

Moshi Sounds that Promote Creativity

Soothing Winds of Silliomanjaro

Calming Moshi Camp Fire

Oobla Doobla Drums

The Sound of Moosic




moshi
for
Schools