

Classroom Transitions and Routines: Tips for Using Moshi to Ease from Morning to Afternoon

Midday routines:

After a fun, social recess and lunch time, students need some time to replenish their brains for an afternoon of learning.

For younger students in PreK or K, this may mean rest or nap time. Moshi Stories are the perfect way to ease them into the much needed sleep they need for their quickly developing brains.

For older students in 1 - 5 grade, this may mean time to quiet the brain and body and focus on getting ready to launch back into academic learning.

Transitions:

During transitions from one activity to another, play Moshi Music, Sounds, or Moments to help kids stay focused and be mindful of the noise level.

Consider allowing time for a quick Moshi Breathing session if transitions are from a high energy activity to a more calm and focused activity.

End of Day routines:

Gather students for an end of the day reflection, in a circle or at their work stations. These quick and easy strategy promotes self-awareness and leaves students with a positive outlook about their learning.

- ✓ Students share one word that describes their day.
- ✓ Students share what they are looking forward to about tomorrow.
- ✓ Students share out one thing they learned that they want to share with their family at home
- ✓ Students share one thing they are grateful for.



Try these Moshi Stories for Nap Time

Unicorn Sleep Meditation
with Fluttercup
Rainbow Rider Relaxation
The Moshi DozyCoaster



Try these Moshi tracks for Reset Time

7 Days of Mindfulness; Goldie's
Five Minute Brain Break
Chop Chop's 5 Minute Chill
Breathing with Pipsi



Try Moshi Breathing

There are many 1 minute guided
Moshi Breathing tracks in the app.
Have some fun and let your students
vote on their favorite character
to breath with.



Try Moshi Moments for End of Day Reflection

Pinky's Peaceful Breathing
Blinki's Happy Moments
Gratitude with Blossom


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