

# Starting the School Day: Tips for a Smooth Start to the Day

1

Play Moshi Music to set a calm tone for beginning the day together. From the first days of school onwards, listen to various Music tracks and ask students to notice how they feel. Practice being aware of our bodies and voices. This will set the tone for smooth arrivals that best set the class up for success.

2

Greet students at the door to welcome them into the classroom and pay careful attention to their demeanor. Not every student comes to school with their needs met and ready to learn. Lack of sleep, food, and other stressors in the home impact their ability to transition into learning mode.

3

Teach and model morning routine so that students are independent with their work.

- ✓ Hanging coats and backpacks
- ✓ Washing hands (*try this Moshi Moment to reinforce the importance of washing hands: Keep the Lurgee Away (The Moshi Washy Way)*)
- ✓ Turning in homework, if applicable
- ✓ Signing up for lunch
- ✓ Morning jobs
- ✓ Morning activity



## Moshi Music for Starting the Day

Anxiety Shrinking Ambience

Calming Mood Music

Stanley and Ophelia's  
Overture



**moshi**  
for  
Schools