

Mindfulness in the Classroom
Magical Moshlight Body Scan



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:

SELF-MANAGEMENT: The ability to manage one's emotions, thoughts, and behaviours effectively in different situations. This includes the capacities to delay gratification, manage stress, and feel motivation and agency to accomplish personal/collective goals.

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.



Objective:

To use a new self-management technique to help increase focus and awareness while managing stress.

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 learn about ways to reduce stress in my body?

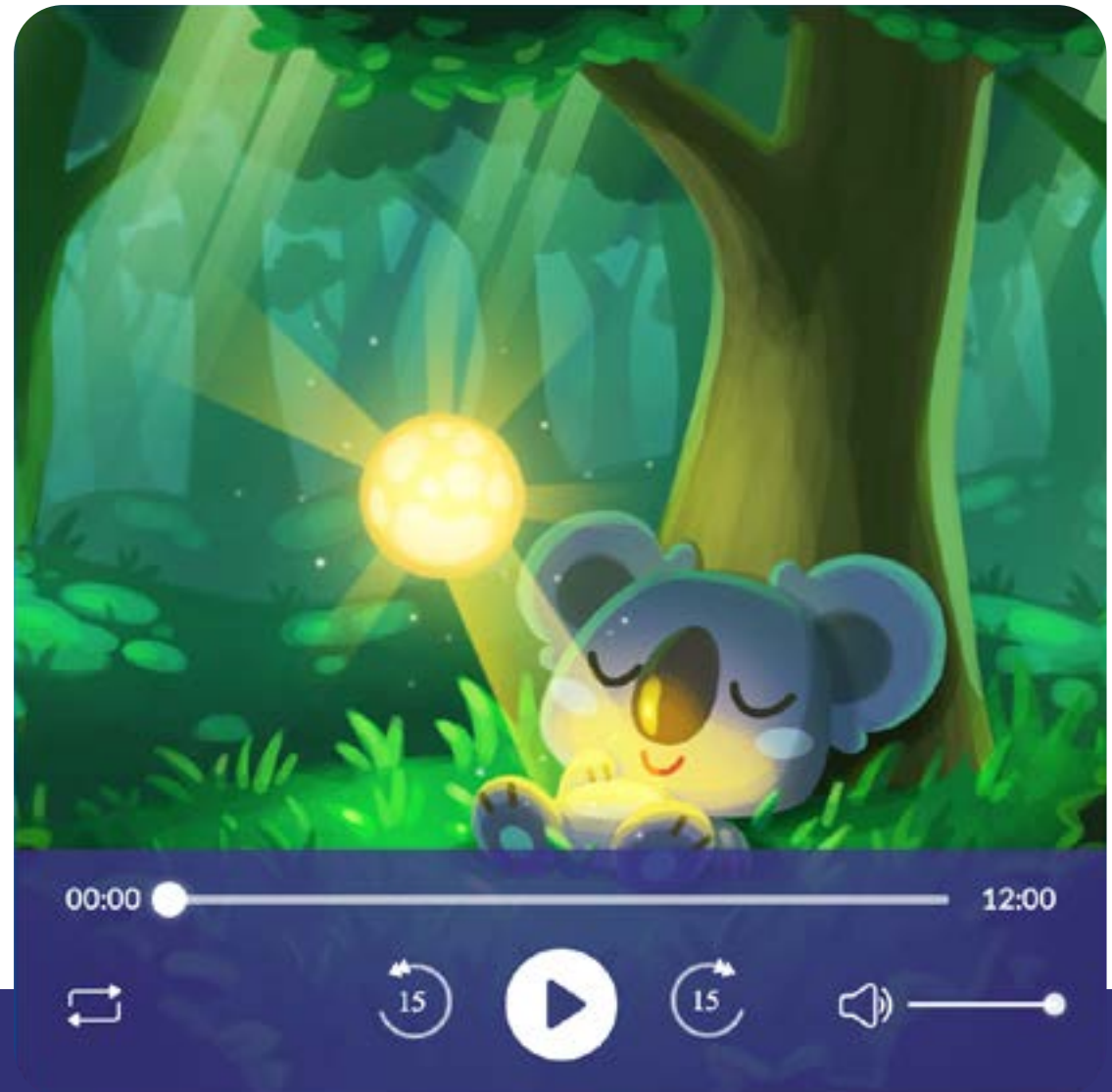
I Can:

I can practice new ways to reduce my stress and increase awareness of my body.



Magical Moshlight Body Scan

Now we will listen to a meditation called 'Magical Moshlight Body Scan'. This is SleepyPaws! Click on the picture to begin listening:



http://moshisleep.com/play/Magical_Moshlight_Body_Scan

In the world of Moshi, there is magic everywhere! A Snoozy Koala Moshling named SleepyPaws is going to show us how we can use the magic of the Moshi world to help our entire body feel energised, focused, and stress free.

Before You Listen

Find a comfortable spot where you can lie down and rest your head.

After You Listen

Hand students an outline of the human body and ask them to fill in the spaces where they felt the white light was needed the most.

- Do you feel relaxed or energized after doing a body scan meditation?
- What was your favourite part of doing a body scan?
- When could you use a body scan to help you feel relaxed or give you a boost of energy?



The image features a background of 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 image, the word "moshi" is written in a white, lowercase, rounded, and slightly irregular font. The letters are thick and have a soft, bubbly appearance. The overall composition is clean and modern, with a focus on the central text.

moshi