

Mindfulness in the Classroom

Major Moony's Cosmic Stressbuster

Older Learners 3rd to 5th Grade





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.

RESPONSIBLE DECISION-MAKING: The ability to make caring and constructive choices about personal behaviour and social interactions across diverse situations.

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 participate in a discussion about stories that are read to them, taking turns and listening to what others say.

Pupils will develop positive attitudes to reading by listening to and discussing a wide range of fiction.

Writing – Statutory Requirements:

Pupils will plan their writing by discussing and recording ideas.



Objective:

Use mindfulness techniques to manage 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:

What is stress?

How can I use mindfulness to manage stress?

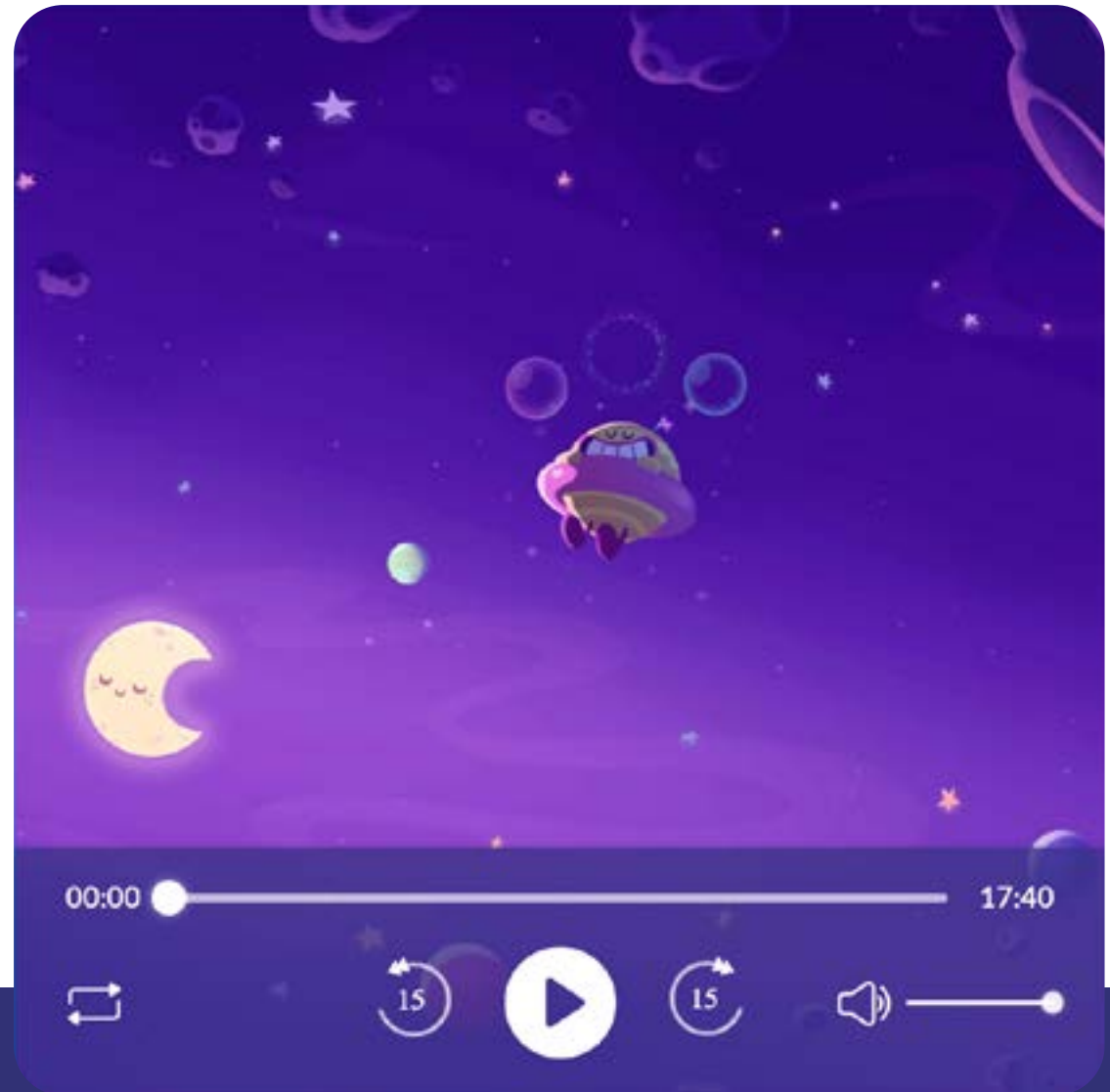
I Can:

I can use meditation and mindfulness to manage stress.



Major Moony's Cosmic Stressbuster

Now we will listen to a story called 'Major Moony's Cosmic Stressbuster'. This is Major Moony! Click on the picture to begin listening:



http://moshisleep.com/play/Major_Moonys_Cosmic_Stressbuster_v1

Today we will learn how to deal with stress. Stress is your mind and body's reaction to difficult situations.

During this Moshi Meditation we will work on breathing slowly and evenly. Let's practice this skill now. Take a deep, quiet breath. Inhale as you count to 5, then exhale as you count to five. Continue to take five slow breaths.

When thoughts pop into your mind as you are relaxing, practice letting them float away today. Major Moony will give you a fun and Moshified way to deal with stress and worry.

Before You Listen

Relax your body and quiet your mind. Let's begin our deep breathing now and get ready to learn a new mindful skill.

After You Listen

How does Major Moony deal with his stress?

What thoughts did you put into a bubble?

How did it feel to let them float away?

What happy thoughts filled your mind?

When could you use Major Moony's Cosmic Stressbuster to help you deal with your thoughts?





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