

Mindfulness in the Classroom
Morgan's Lighthouse Lullaby



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:

RELATIONSHIP SKILLS: The abilities to establish and maintain healthy and supportive relationships and to effectively navigate settings with diverse individuals and groups. This includes the capacities to communicate clearly, listen actively, cooperate, work collaboratively to problem solve and negotiate conflict constructively, navigate settings with differing social and cultural demands and opportunities, provide leadership, and seek or offer help when needed.

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.

Writing – Statutory Requirements:

Pupils will plan their writing by discussing and recording ideas.



Objective:

Use relationship skills to seek or offer support and help when needed.

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 seek or offer support when needed?

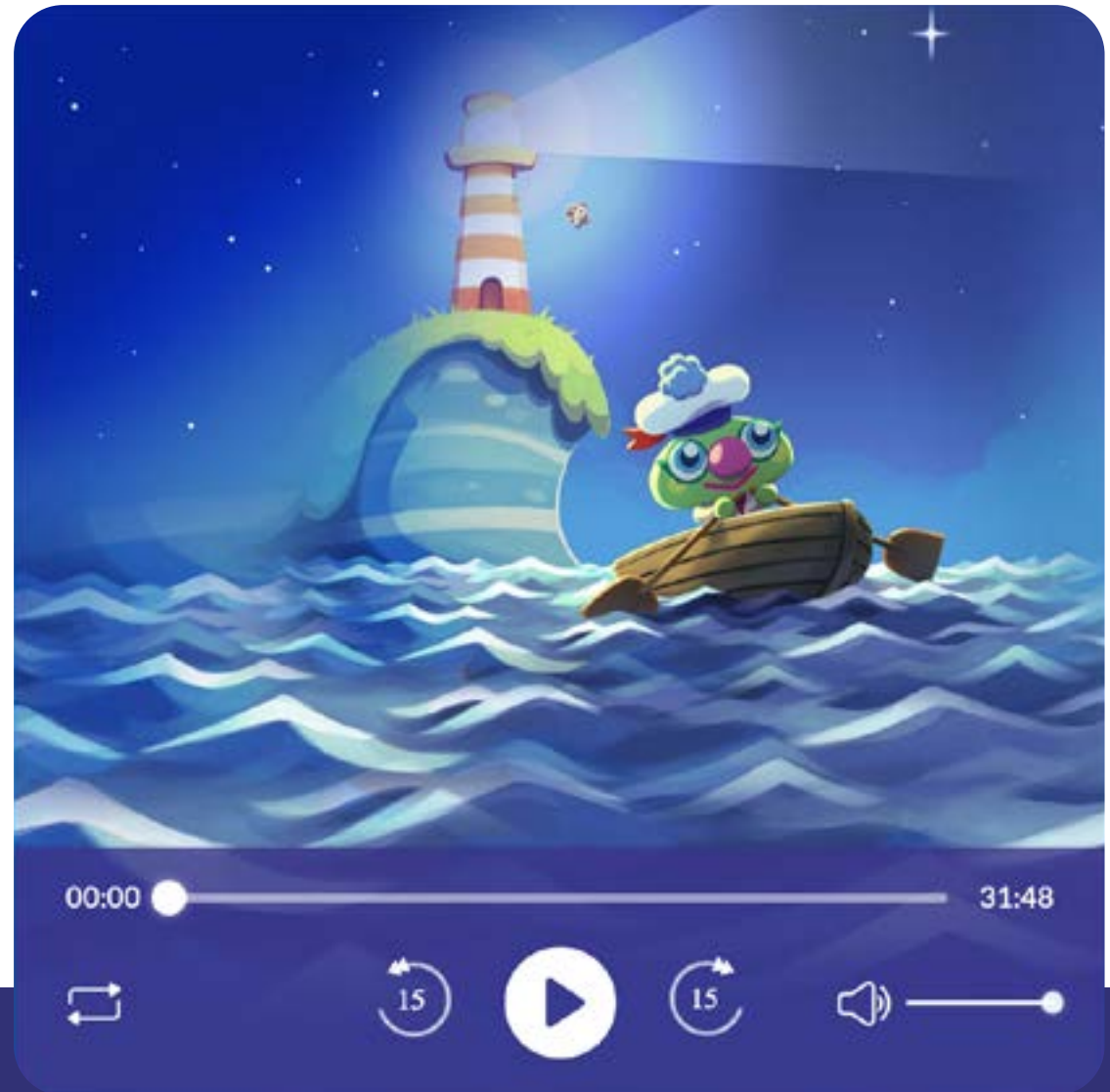
I Can:

I can seek or offer support when needed.



Morgan's Lighthouse Lullaby

Now we will listen to a story called 'Morgan's Lighthouse Lullaby'. This is Morgan! Click on the picture to begin listening:



http://moshisleep.com/play/Morgans_Lighthouse_Lullaby

Before You Listen

Today we find ourselves in a tall, slender home beside the sea with Morgan, the loneliest lighthouse keeper. Morgan warns the ships of danger and helps guide them to safety, but he is all alone.

- Does Morgan have any friends?
- How would it feel to not have any friends?
- How do you feel when you are alone?

After You Listen

When Morgan makes friends with Tiki the Pilfering Toucan, he shares his desire to leave the lighthouse and experience the world. Tiki supports his new friend by offering to help take care of the lighthouse while Morgan takes a break and sees the world. Tiki and Morgan are good friends to one another.

How can you be a good friend through your words and actions? With a partner, make a list of ways that you can be a good friend. Maybe it is by sharing your lunch if your friend forgot theirs, letting your friend play with your favourite toy, or giving them a high-five when they do something great.



The image features a background of several 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 composition, the word "moshi" is written in a white, lowercase, rounded, and slightly irregular font. The letters are thick and have a friendly, approachable feel. The overall aesthetic is clean, modern, and minimalist.

moshi