

Mindfulness in the Classroom
Moshi Bubble Relaxation
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. 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.

Writing – Statutory Requirements:

Pupils will plan their writing by discussing and recording ideas.



Objective:

Use visualisation as a stress management technique.
Use stress management techniques to manage emotions.

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 visualisation?
How can I use visualisation to manage my emotions?

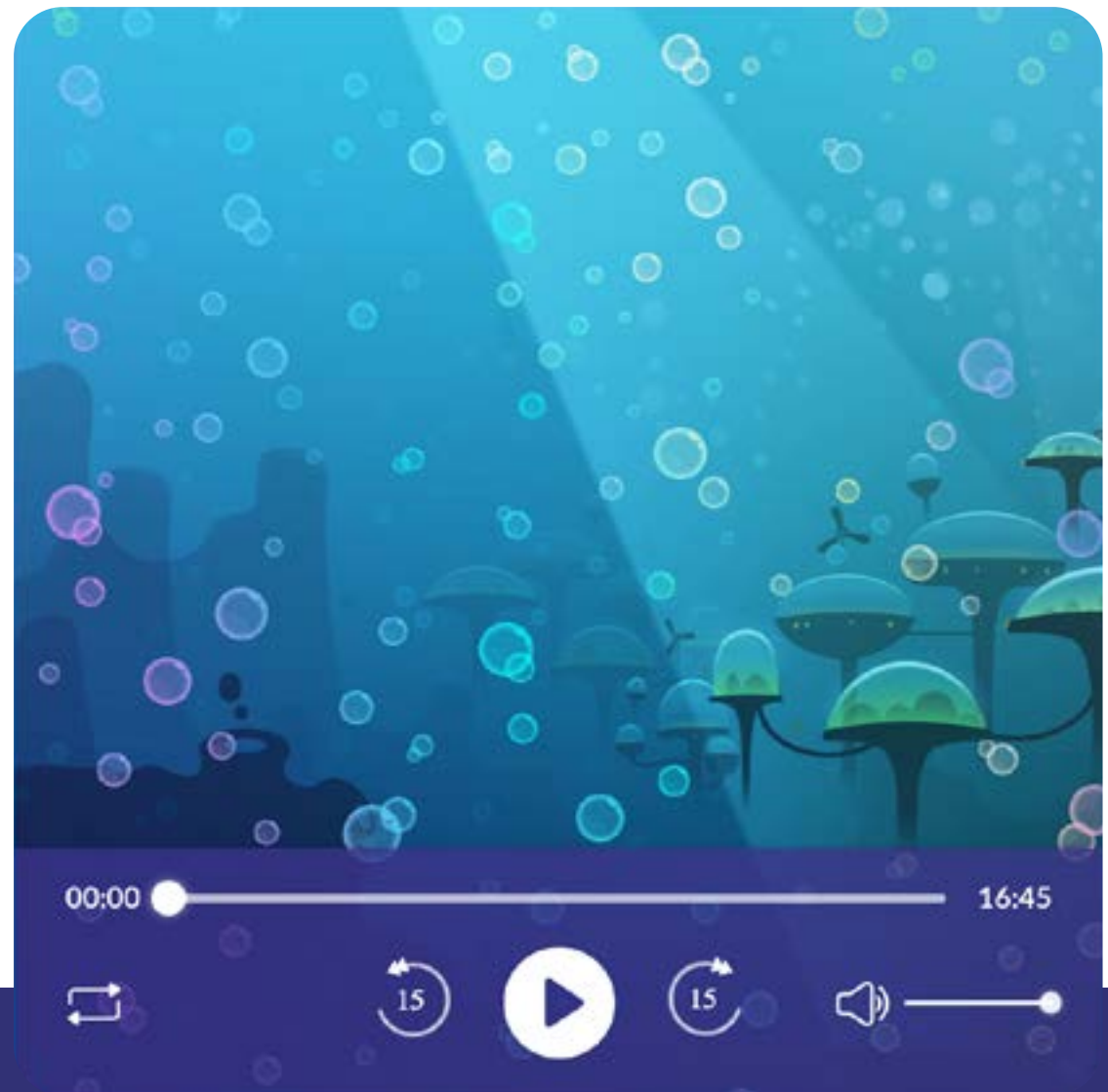
I Can:

I can use the mindfulness technique of visualisation to manage my emotions.



Moshi Bubble Relaxation

Now we will listen to a meditation called 'Moshi Bubble Relaxation'. Click on the picture to begin listening:



http://moshisleep.com/play/Moshi_Bubble_Relaxation_v1

Today we will continue on our journey to mindfulness with a guided visualisation. Journey to mindfulness and do a guided visualisation. Visualising is picturing something in your mind. We will use our imaginations to bring us to wonderful places like the Magical World of Moshi. You will get a chance to be creative and see where your imagination takes you. When we imagine a calm, safe, and quiet place, it can put our minds at ease.

Let's practice picturing a place that we like to be. You can think about the place in your mind. Close your eyes and picture this place. Think about how it looks, how it feels, and how it sounds to be there. Make a clear picture in your mind. This is visualisation. Today we will visualise a calming place with the Moshlings.

Get Ready to Listen

Settle in and relax your body. You are invited to close your eyes and imagine as you listen to Moshi Bubble Relaxation.

After You Listen

How do the Moshlings use their imaginations to relax?

How do you feel after your visualisation?

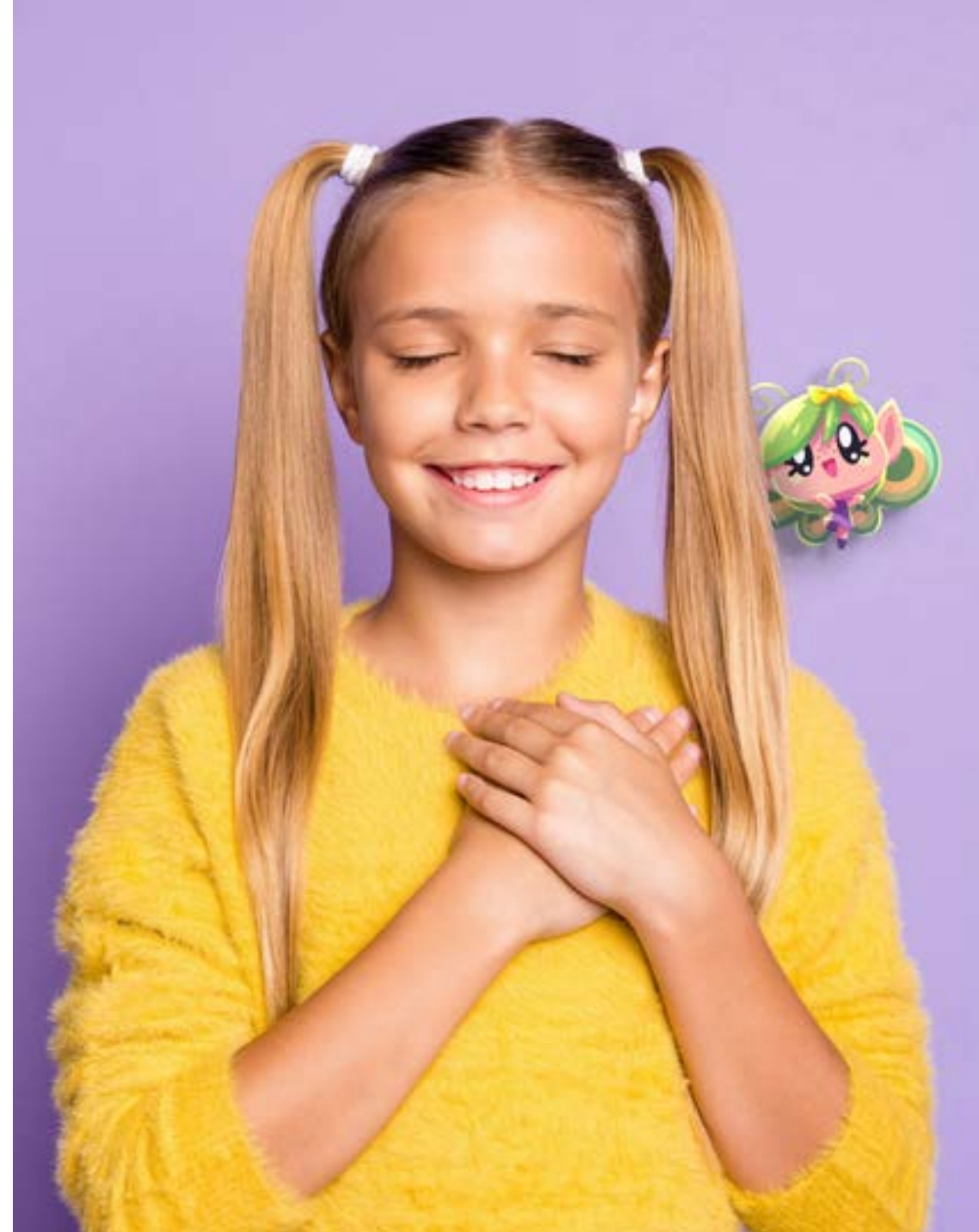
Write about your experience now.

What did you imagine?

How did you feel?

What are the details you remember about your visualisation?

When could you use a calming visualisation to help you relax?



The image features a background of several overlapping, semi-transparent circles in various shades of blue, ranging from a deep, dark blue to a bright, light blue. The circles are arranged in a way that they overlap each other, 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 word is positioned horizontally and is the central focus of the image.

moshi