

Mindfulness in the Classroom  
**Mr. Snoodle's Moshi Moodlifter**



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-AWARENESS:** The ability to accurately recognise one's own emotions, thoughts, and values and how they influence behaviour. The ability to accurately assess one's strengths and limitations with a well-grounded sense of confidence and optimism.

**SELF-MANAGEMENT:** The ability to manage one's emotions, thoughts, and behaviours effectively in different 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 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 compose their sentences orally before writing them down.





**Objective:**

Identifying and managing one's 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 Question:**

How can I use mindfulness to identify my emotions and change my mood?



## Mr. Snoodle's Moshi Moodlifter

Now we will listen to a Meditation called 'Mr. Snoodle's Moshi Moodlifter'. This is Mr. Snoodle! Click on the picture to begin listening:



[http://moshisleep.com/play/Mr\\_Snoodles\\_Moshi\\_Moodlifter](http://moshisleep.com/play/Mr_Snoodles_Moshi_Moodlifter)

## Mr. Snoodle's Moshi Moodlifter

Everyone feels sad or upset at times. Today we will learn about shifting and lifting our moods with Mr. Snoodle the Silly Snuffler. When you feel sad, bored, or lonely you feel 'down' but with a little help from Mr. Snoodle you can lift your mood!

### What's Your Mood?

Mr. Snoodle thinks about what mood he is in. Your mood is how you are feeling. What kind of mood are you in right now? You are invited to think about it, draw a picture of it, or write about it now.

### Work It Out!

Mr. Snoodle loves to take his mind off of what he is worrying about. He likes to play a game or exercise to lift his mood. Exercise fills Mr. Snoodle with positive energy.

**What kinds of exercise do you like to do?**





## Lending a Helping Hand

What are some things you do to help others? What else could you do? How does it feel to help someone?

What makes you jump for Joy?  
What brings you joy and makes you happy?

## Time to Listen!

Get ready to listen!  
Get comfortable...  
Get settled...  
Get ready to hear Mr. Snoodle's Moshi Moodlifter!

## After You Listen

Think about your mood before you listened to Mr. Snoodle's Moodlifter. What is your mood now?



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, rounded, sans-serif font. The letters are thick and have a friendly, approachable feel. The overall aesthetic is clean, modern, and calming.

moshi