

Mindfulness in the Classroom

Plinky's Peaceful Breathing





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 Standard:

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:

Teach students how to manage emotions by using the stress-management strategy of deep breathing.

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:

What can I do to calm myself down?



Plinky's Peaceful Breathing

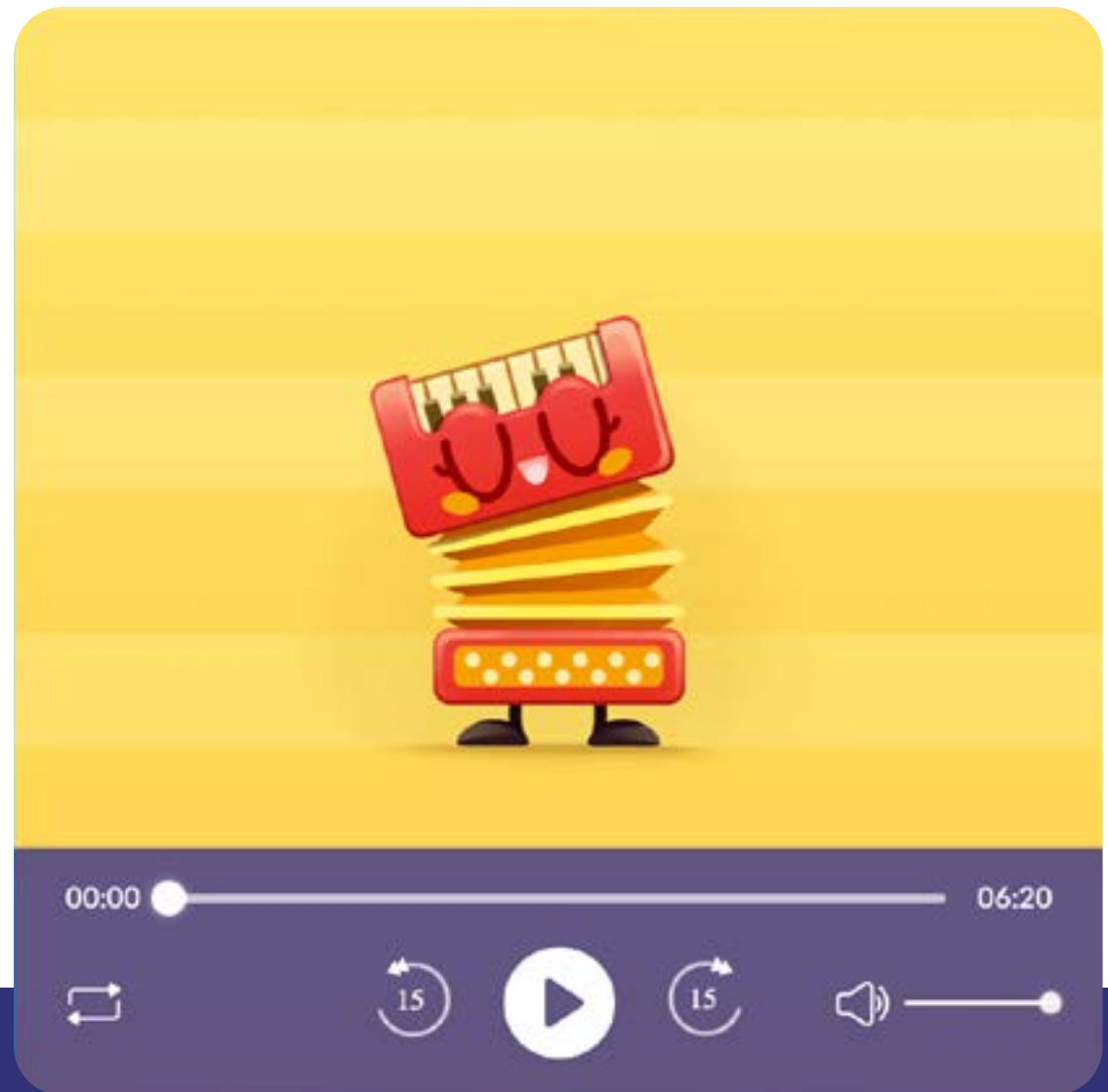
You are going to meet a Moshling named Plinky The Squeezy TinkleHuff. Plinky is going to blow up a big balloon. Like Plinky, you are going to think about blowing up your own big, shiny balloon. You will think about it and watch it grow bigger and bigger as you learn a fun way to relax!

You will learn to listen to the sounds around you. Plinky hears the sound around him and even hears his heartbeat! Have you ever been so quiet you heard your own heartbeat? Today we will be that quiet.



Plinky's Peaceful Breathing

Now we will listen to a Moshi Moment called 'Plinky's Peaceful Breathing'. This is Plinky! Click on the picture to begin listening:



http://moshisleep.com/play/Plinkys_Peaceful_Breathing

Plinky's Peaceful Breathing

Now that Plinky's story is over, stretch your body slowly and feel the calm within you. You just learned how to use deep breathing to relax. Write or draw on your weekly Theme Card about how you feel now after breathing with Plinky.

Think about when you can use deep breathing.

When could you use it in school?

When could you use it at home?

Write or draw about it on your Theme Card now.

Plinky pictures a big, shiny balloon that he is blowing up. What other picture in your mind could you think of when you are deep breathing?

Write or draw about it on your Theme Card now.

When Plinky is calm after breathing deeply, he is able to think about all the wonderful people and things in his life. What are some of the wonderful people and things in your life you are happy about?

Write or draw about it on your Theme Card now.



What have we learned about breathing today?

- ✓ Breathing can calm you down.
- ✓ You can picture Plinky's balloon or another image in your mind while you breathe to help you focus.
- ✓ While you are calm, you can think about all the good things in your life.
- ✓ You can try Plinky's Deep Breathing at school and at home when you want to relax or need to calm down.

Now you know when you can use deep breathing to calm yourself down.

You will get a chance to practice Plinky's Peaceful Breathing at home with your Home Time Activity!



The word "moshi" is written in a white, rounded, lowercase sans-serif font. It is centered horizontally and vertically against a background of overlapping, semi-transparent circles in various shades of blue and purple. The circles create a layered, organic effect, with some appearing as solid shapes and others as lighter, ethereal washes.

moshi