

# Mindfulness in the Classroom

## **Posy's Fairy Ballet**



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-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.



**Objective:**

Use self-management to show courage to take initiative.

**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 have courage to act on an opportunity?

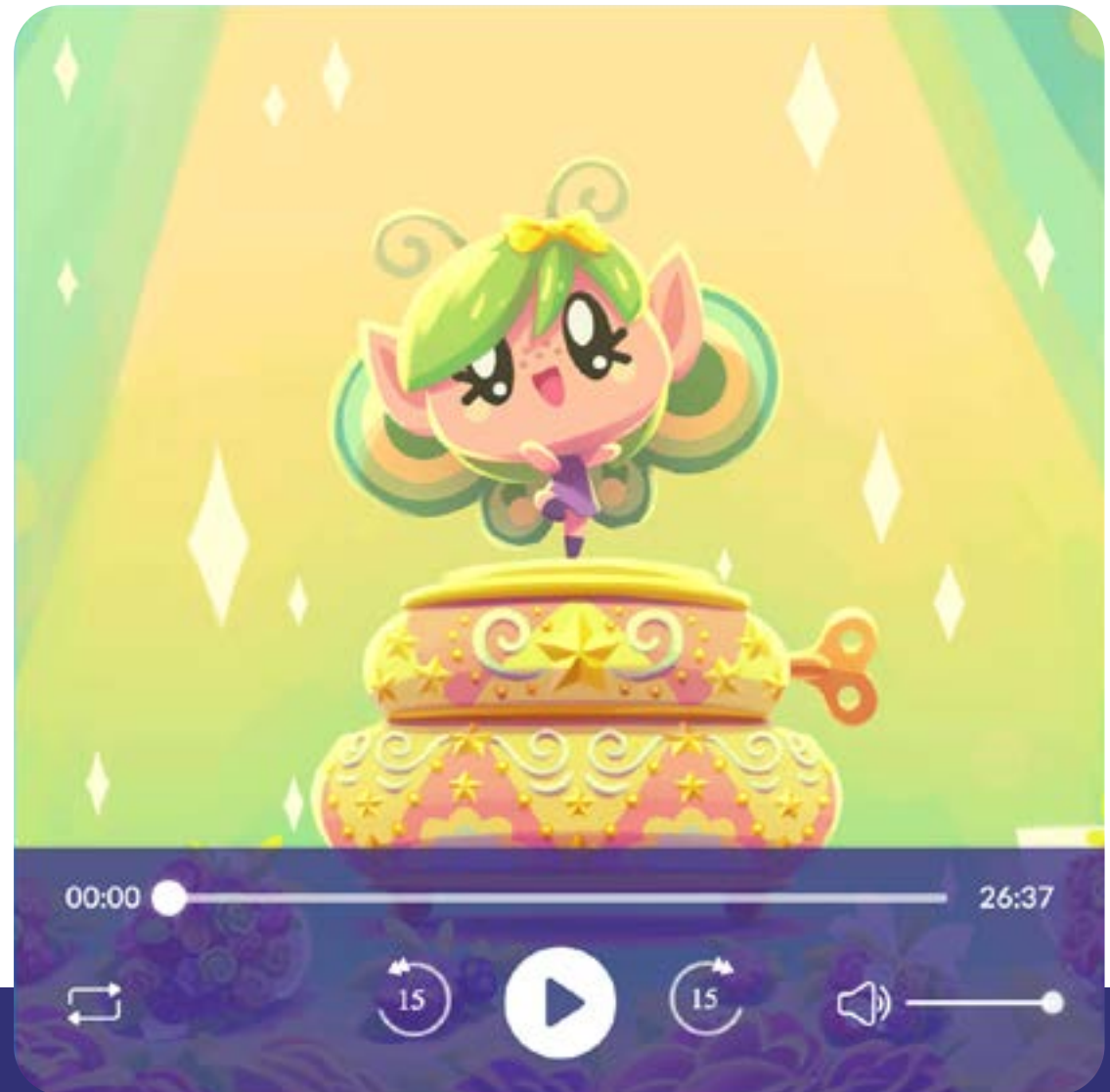
**I Can:**

I can have courage to make something I want to do possible.



## Posy's Fairy Ballet

Now we will listen to a story called 'Posy's Fairy Ballet'. This is Posy! Click on the picture to begin listening:



[http://moshisleep.com/play/Posys\\_Fairy\\_Ballet](http://moshisleep.com/play/Posys_Fairy_Ballet)

In a magic forest, way up in the nooks and crannies of the trees live Moshling fairies. Today we will meet a Forgetful Fairy named Posy. She loves to dance every day and dreams of being on stage.

- What do you dream of doing?
- What are some things you do well?
- How do you feel when you do a good job at something you love to do?

## After You Listen

Hocus the Wonky Wizard gave Posy magical ballet shoes to give her courage so she could dance in front of the King and Queen.

- What does courage mean?
- How did Posy show courage?

When Posy lost the magical shoes, she was nervous to go onstage. But Hocus the Wonky Wizard told her that feeling nervous is natural, and courage comes from having self-confidence and self-esteem.

- What are some ways you can show courage, just like Posy?

Throughout history, people have shown courage in many different situations.

- Who are some people that have shown courage?

By yourself or in a small group, create a skit where a person shows courage. Assign each group a topic or allow them to choose their own ways to show courage. Have students perform their skit in front of the class or make a video to share with the class.



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 image, 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 composition is clean and modern, with a focus on the central text.

moshi