

Mindfulness in the Classroom

Rainbow Rider Relaxation



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.

Writing – Statutory Requirements:

Pupils will plan their writing by discussing and recording ideas.



Objective:

Use the mindfulness technique of visualisation 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:

How can I manage my emotions using mindfulness?

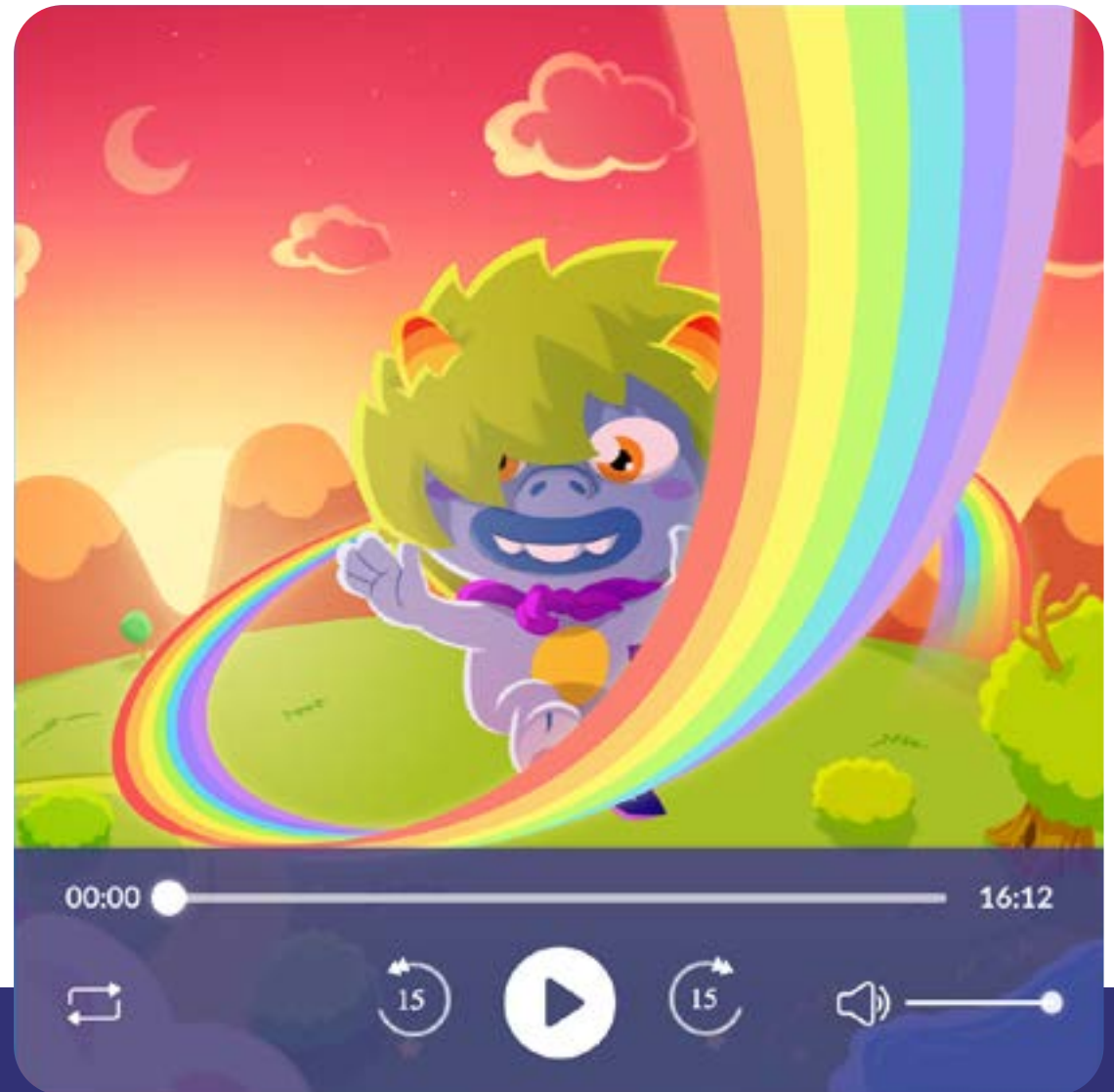
I Can:

I can use visualisation to manage my emotions and calm myself down.



Rainbow Rider Relaxation

Now we will listen to a Moshi Moment called 'Rainbow Rider Relaxation'. This is Roy G. Biv! Click on the picture to begin listening:



http://moshisleep.com/play/Rainbow_Rider_Relaxation_v1

Today we will meet a magical surfing Moshling named Roy G. Biv who rides along huge Moshi rainbows. Have you been surfing before?

Surfing involves balancing on a surfboard. Stand up in your own space and imagine you are balancing on your own surfboard. Is it difficult to balance?

Now close your eyes and see if balancing becomes easier or harder.

Stretch your muscles and take some deep breaths. Get comfortable and focus on today's meditation. You will practice visualising colours in your mind, as well as places. Focus on your breathing and following along with the meditation.

After You Listen

How do you feel after meditating?

Write about what you pictured in your mind and how you felt.

Describe your favourite parts of today's meditation.

When could you use this type of meditation to help calm yourself down?

Are there moments when you feel anxiety or stress during the day?

What do you think might happen if you remembered surfing along the Moshling rainbow with Roy G. Biv?



The image features a background of 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 word is positioned horizontally and is the central focus of the image.

moshi