

Mindfulness in the Classroom
Roswell's Cosmically Calming Vacuum Cleaner



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 self-management to identify and apply stress management strategies.

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 identify and use different strategies for stress-management?

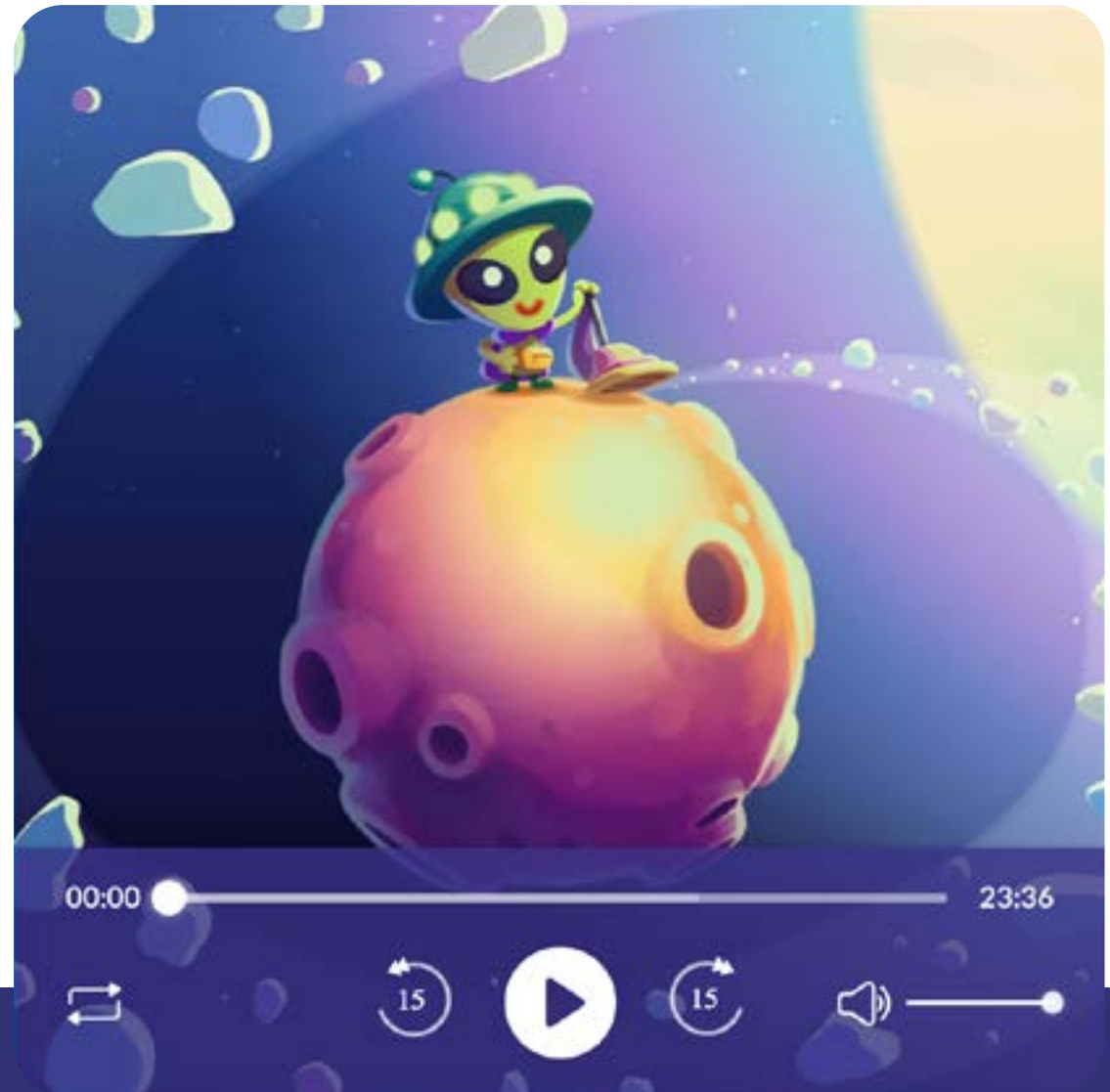
I Can:

I can identify and use stress-management strategies.



Roswell's Cosmically Calming Vacuum Cleaner

Now we will listen to a meditation called 'Roswell's Cosmically Calming Vacuum Cleaner'. This is Roswell! Click on the picture to begin listening:



http://moshisleep.com/play/Roswells_Cosmically_Calming_Vacuum_Cleaner

Before You Listen

A friendly alien from beyond Moshi has arrived in a flying saucer spaceship. Roswell the Zippity Zoshling drops in on new planets and today he has come to Earth. Roswell brings with him soothing sounds to help melt stress away.

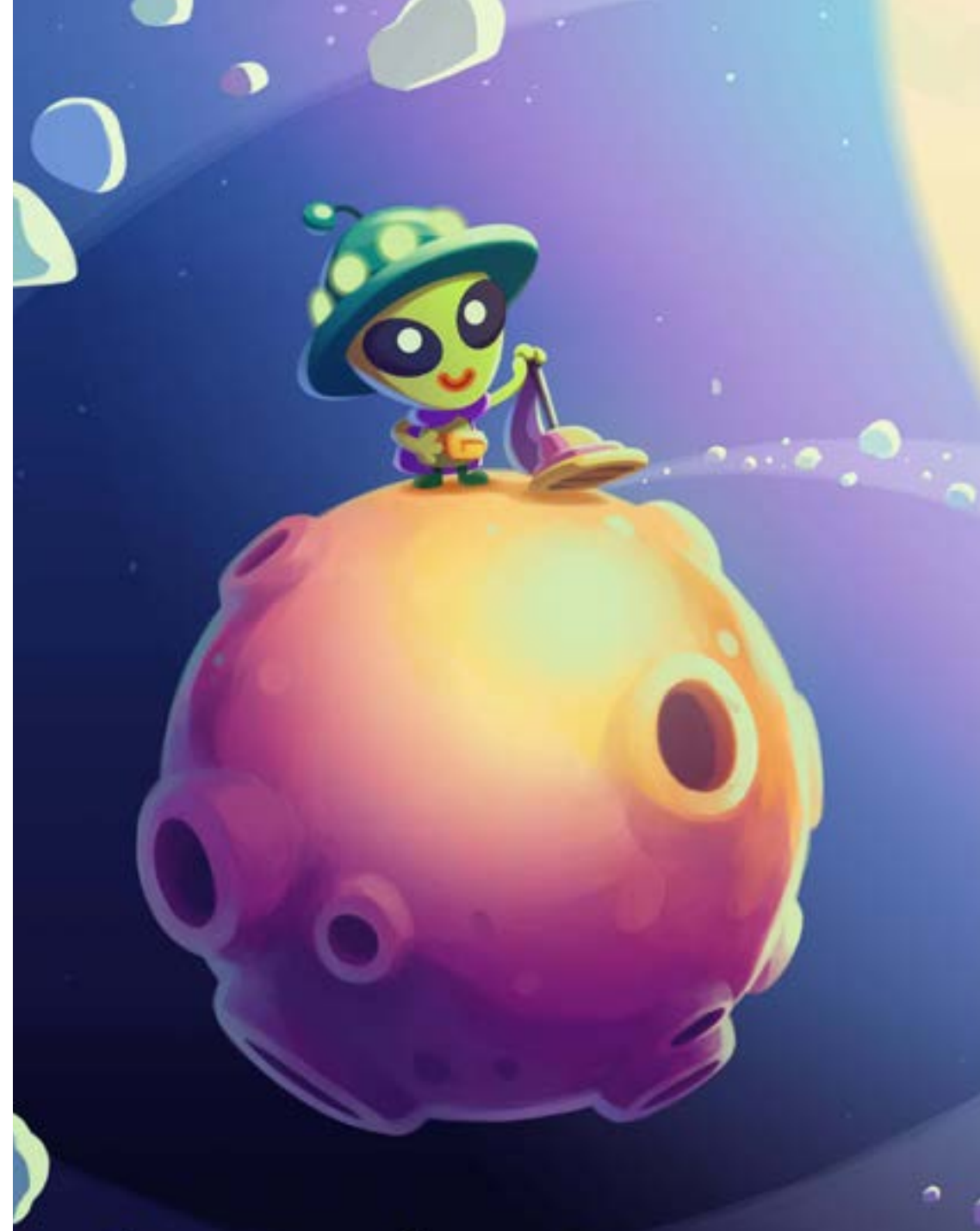
- What are some soothing sounds to you?
- How do you feel when you listen to soothing sounds?

After You Listen

When Roswell's vacuum goes into mind blowing reverse mode, it whooshes out happy vibes into the atmosphere. His vacuum zaps away worries and helps the people of Earth calm down.

Write a worry or two you have on a piece of paper. Then draw wavy lines in your favorite colour over the worry just like Roswell's vacuum would do. The wavy lines will zap away the worries!

Teachers, you can have a vacuum printed on a page for students to draw lines coming out of to enhance the lesson.



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