

Self Management Unit Lesson 1:  
**Be Kind to Your Mind with  
Professor Feathersnooze**





## 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. 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 abilities to manage one's emotions, thoughts, and behaviors effectively in different situations and to achieve goals and aspirations.

## Academic Standards:

Pre-Kindergarten School Readiness Goals:

Students will focus on the following general early education and pre-kindergarten instruction and school readiness focus areas:

Communication with others.

Identifying emotions.

Using images and language to communicate emotions.

## Objective:

Use mindfulness techniques to manage emotions in school and at home.

## Essential Questions:

How can I be calm at school and at home?

## I Can:

I can sit still, breathe deeply, and listen to the sounds around me to stay calm at school and at home.



## Self Management Unit Lesson 1: Be Kind to Your Mind with Professor Feathersnooze

Now we will listen to a story called  
Be Kind to Your Mind with Professor  
Feathersnooze. This is Professor  
Feathersnooze! Click on the picture  
to begin listening:



[http://moshisleep.com/play/7\\_Days\\_Putting\\_it\\_all\\_Together](http://moshisleep.com/play/7_Days_Putting_it_all_Together)

## Before You Listen

Be Kind to Your Mind with Professor Feathersnooze:

Let's get comfortable and we are going to listen to "Be Kind to Your Mind with Professor Feathersnooze." Listen to the words and try to relax your body.

Professor Feathersnooze takes time each day to be kind to his mind and let his worries float away.

Being mindful like Professor Feathersnooze is something that you can do to help you, especially when you are feeling frustrated or angry.

What helps you calm down?

We will practice some ways to calm down at the beginning of this story.

One of the best ways to calm your body down is to be still. Let's practice being still before we listen.

(Play the audio track from the beginning to 7:12.)



## After You Listen

Let's answer these questions together:

How does Dr. Feathersnooze calm down?

Guide students to these answers, in addition to their own:

He lets his body be still.

He breathes deeply and quietly.

He listens to the sounds around him.

He thinks happy thoughts about his favorite people and places.

### Ways to be Kind to Your Mind

Be still.

Breathe.

Listen.

Think happy thoughts.

Draw a picture or write about each one of these ways to be calm and kind to your mind.



The image features a background of overlapping, semi-transparent blue circles in various shades, ranging from a deep navy blue to a bright cyan. The circles are arranged in a way that they overlap each other, 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