

# Mindfulness in the Classroom

## **Sherman and the Moonlit Moshisaur**

Grades 3-5





### **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:

**RELATIONSHIP SKILLS:** The abilities to establish and maintain healthy and supportive relationships and to effectively navigate settings with diverse individuals and groups. This includes the capacities to communicate clearly, listen actively, cooperate, work collaboratively to problem solve and negotiate conflict constructively, navigate settings with differing social and cultural demands and opportunities, provide leadership, and seek or offer help when needed.

## 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:**

Communicate effectively.  
Resolve conflicts constructively.

**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.

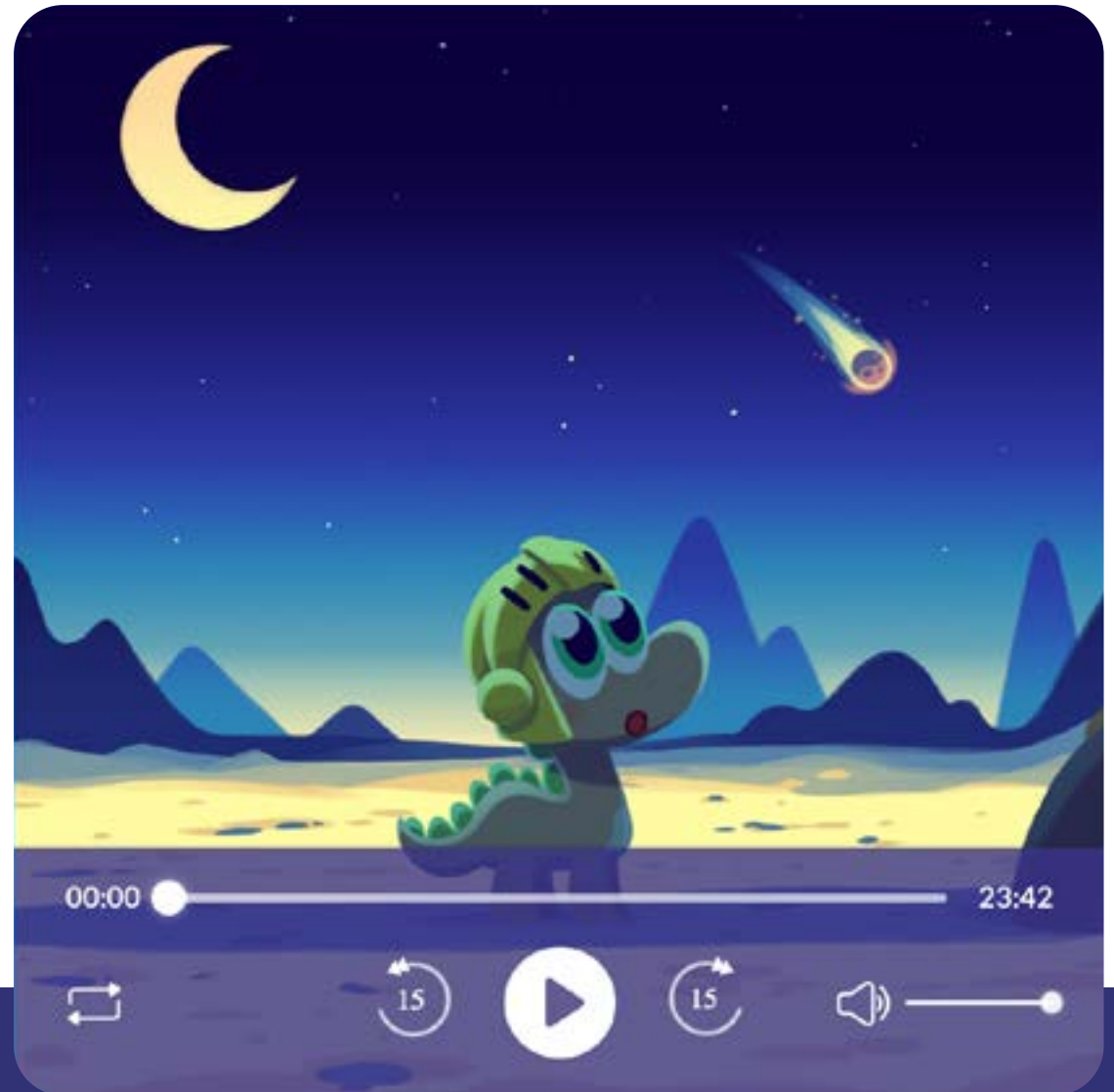
**Essential Questions:**

How can I be courageous but courteous when talking to others?  
How can I resolve a conflict with someone?



## Sherman and the Moonlit Moshisaur

Now we will listen to a story called 'Sherman and the Moonlit Moshisaur'. This is Sherman! Click on the picture to begin listening:



[http://moshisleep.com/play/Sherman\\_and\\_the\\_Moonlit\\_Moshisaur](http://moshisleep.com/play/Sherman_and_the_Moonlit_Moshisaur)



Teacher's Note: You will hear peaceful music at the end of the story. Your class can use the time to answer the lesson questions, or remain in quiet reflection.

### **Before You Listen**

Today we will join Sherman the Super Doopersaurus as he asks a big Moshisaur to be quiet so his friends won't be scared.

Sherman's story can show us how to be courageous but courteous. Courageous means having courage and being brave. Courteous means being respectful and polite.

This story is about prehistoric times. Prehistoric means very old.

Get comfortable, breathe deeply, and get ready to focus your mind on the sounds and the story you are about to hear. Let's listen quietly to "Sherman the Moonlit Moshisaur."



## After You Listen

### Why did other Moshlings get nervous when Moshisaurs were around?

The Moshlings got nervous because the Moshisaurs yawned so loudly it hurt their ears.

### What did Sherman find out about why the Moshisaurs were so loud?

Sherman found out that the Moshisaurs yawned so loudly because they were tired and grouchy.

### How did Sherman help out the Moshisaur?

Sherman took the Moshisaur to find the Tree of Slumber.

### How did the Tree of Slumber help the Moshisaur?

The Tree of Slumber helped the Moshisaur to stop yawning and fall asleep.

### What did the Moshisaur do after Sherman helped him?

The Moshisaur thanked Sherman for helping the Moshisaurs sleep.

### What was the Moshisaur's wish?

The Moshisaur wished that all the Moshisaurs could sleep and snore quietly.

### Why did Sherman make a drawing of himself and the Moshisaur under the Tree of Slumber?

To make sure future Moshlings would know that giant Moshisaurs once roamed the land.



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 word is positioned horizontally and is the central focus of the image.

moshi