

# Mindfulness in the Classroom

## **Sherman and the Moonlit Moshisaur**

Grades K-2



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:**

**RELATIONSHIP SKILLS:** The abilities to establish and maintain healthy and supportive relationships and to effectively navigate settings with diverse individuals and groups.

## **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 compose their sentences orally before writing them down.



**Objective:**

Use relationship skills to problem solve with others.

**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 work in a positive way with others to solve a problem?

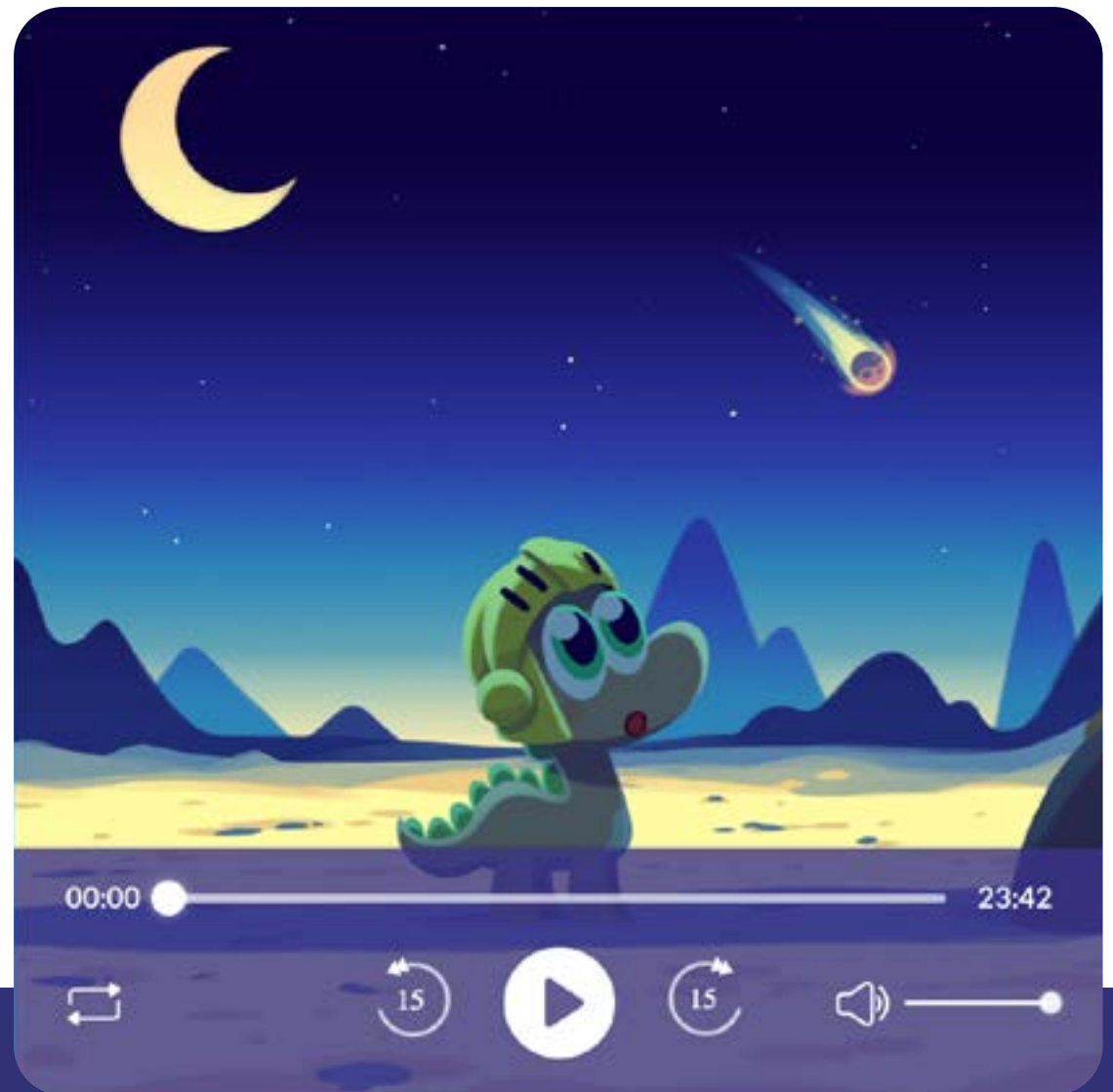
**I Can:**

I can communicate clearly with others.



## 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)

Today you will learn about how a little Super Doopersaurus helped his friends by working with others. Sherman and the other Moshlings were scared of the loud Moshisaurs. The Moshlings could not sleep because of all the noise.

- What are some noises that make it hard to sleep?
- What noises keep you awake?
- Where do the noises come from?

Sherman was nervous to talk to the Moshisaurs. But he stayed calm and brave. Because of this, he was able to help the Moshisaurs sleep and the Moshlings no longer had to hide or be scared.

- How can you remain calm when you need to talk to someone about something that makes you feel a little scared?

### After You Listen

Sherman had to figure out a way to communicate with the Moshisaurs since they did not understand him. He drew a picture to help him.

- Have you ever had to communicate with someone who did not understand you?

How did you communicate?

- With pictures?
- With your hands?
- With your facial expressions?



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, lowercase, rounded, and slightly irregular font. The letters are thick and have a friendly, approachable feel. The overall aesthetic is clean, modern, and minimalist.

moshi