

Mindfulness in the Classroom

ShiShi's Soothing Anxiety Shrinker



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-AWARENESS: The ability to accurately recognise one's own emotions, thoughts, and values and how they influence behaviour. The ability to accurately assess one's strengths and limitations with a well-grounded sense of confidence and optimism.

SELF-MANAGEMENT: The abilities to manage one's emotions, thoughts, and behaviours effectively in different situations and to achieve goals and aspirations. This includes the capacities to delay gratification, manage stress, and feel motivation & 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 discuss what they have written with other pupils.



Objective:

Identifying and managing anxiety.

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 use mindfulness to identify when I am anxious?
What can I do when I have anxiety?

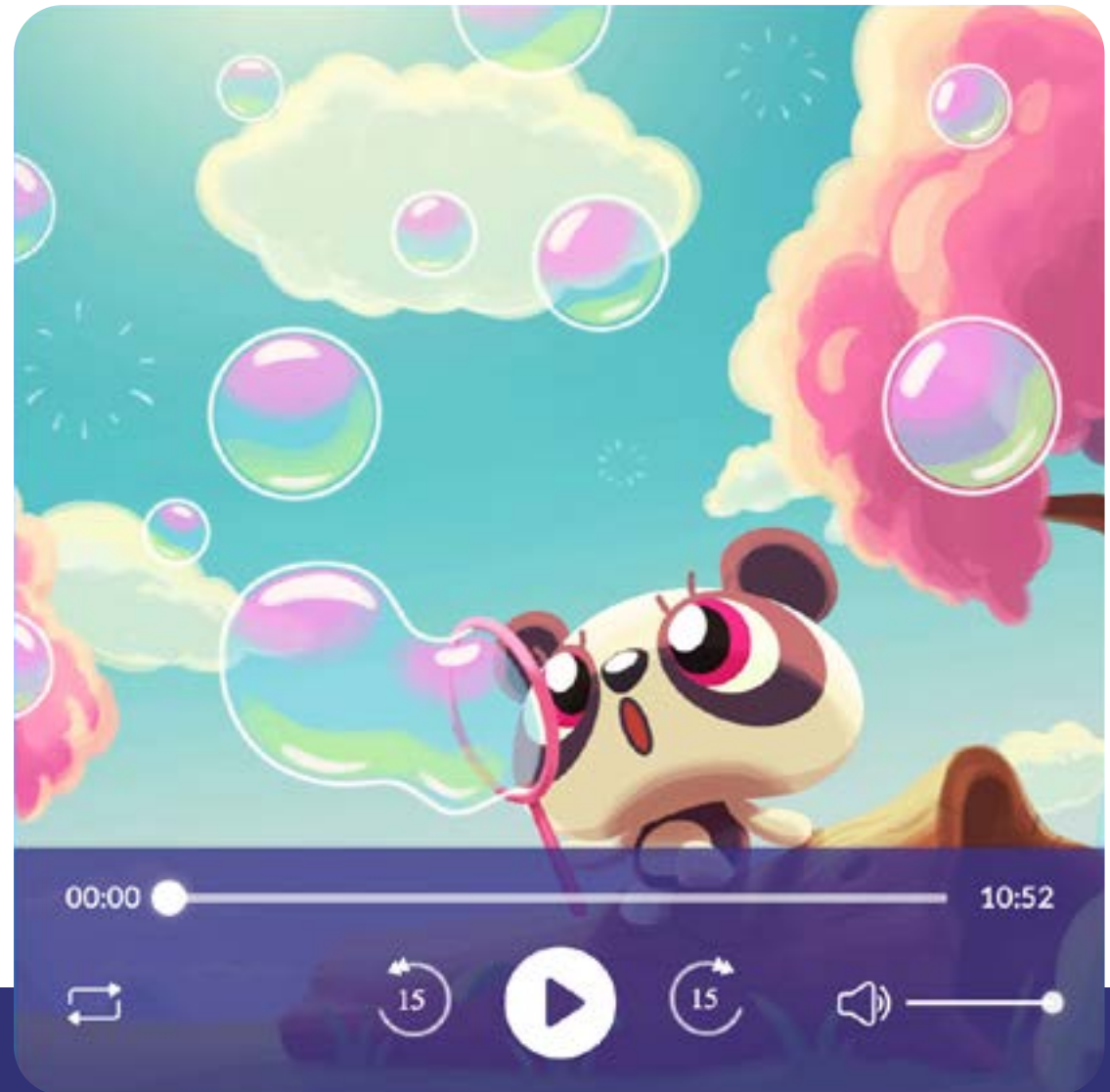
I can:

I can use mindfulness to identify and manage my emotions.



ShiShi's Soothing Anxiety Shrinker

Now we will listen to a Meditation called 'ShiShi's Soothing Anxiety Shrinker'. This is ShiShi! Click on the picture to begin listening:



http://moshisleep.com/play/ShiShis_Soothing_Anxiety_Shrinker

Identifying Emotions: What is Anxiety?

Anxiety is the feeling you have when you are worried about something. Anxiety makes it hard to focus or relax.

Today we will learn about a magical Moshling named ShiShi the Sneezing Panda who has a special way to make her anxiety disappear!

Use Your Imagination!

ShiShi worries and feels anxious so she uses her imagination to calm herself down. She imagines a beautiful place.

What is a beautiful place you have been?

Describe it or draw a picture.

What does it look like?

How does it feel to be there?



Time to Listen!

Get ready to listen!

Get cozy...

Get comfy...

Get ready to hear ShiShi's Soothing Anxiety Shrinker!

After You Listen

How do you feel after you have listened to how ShiShi shrinks her anxiety?

What could you imagine is happening in your own Anxiety Shrinker?

Draw a picture and write about it now. Explain to someone in your family how to use your magical and fun anxiety shrinker.

ShiShi's Soothing Anxiety Shrinker

Home Time Activity

Try the Home Time Activity to create your OWN Magical Anxiety Shrinker!



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 overall composition is clean and modern, with a focus on the central text.

moshi