

# Mindfulness in the Classroom

## **Simmer Down with Boomer**





### **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.

## 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 participate in a discussion about stories that are read to them, taking turns and listening to what others say.

Pupils will develop positive attitudes to reading by listening to and discussing a wide range of fiction.



**Objective:**

Use self-awareness to understand the link between emotions and thoughts.

**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 self-awareness to understand the link between emotions and thoughts?

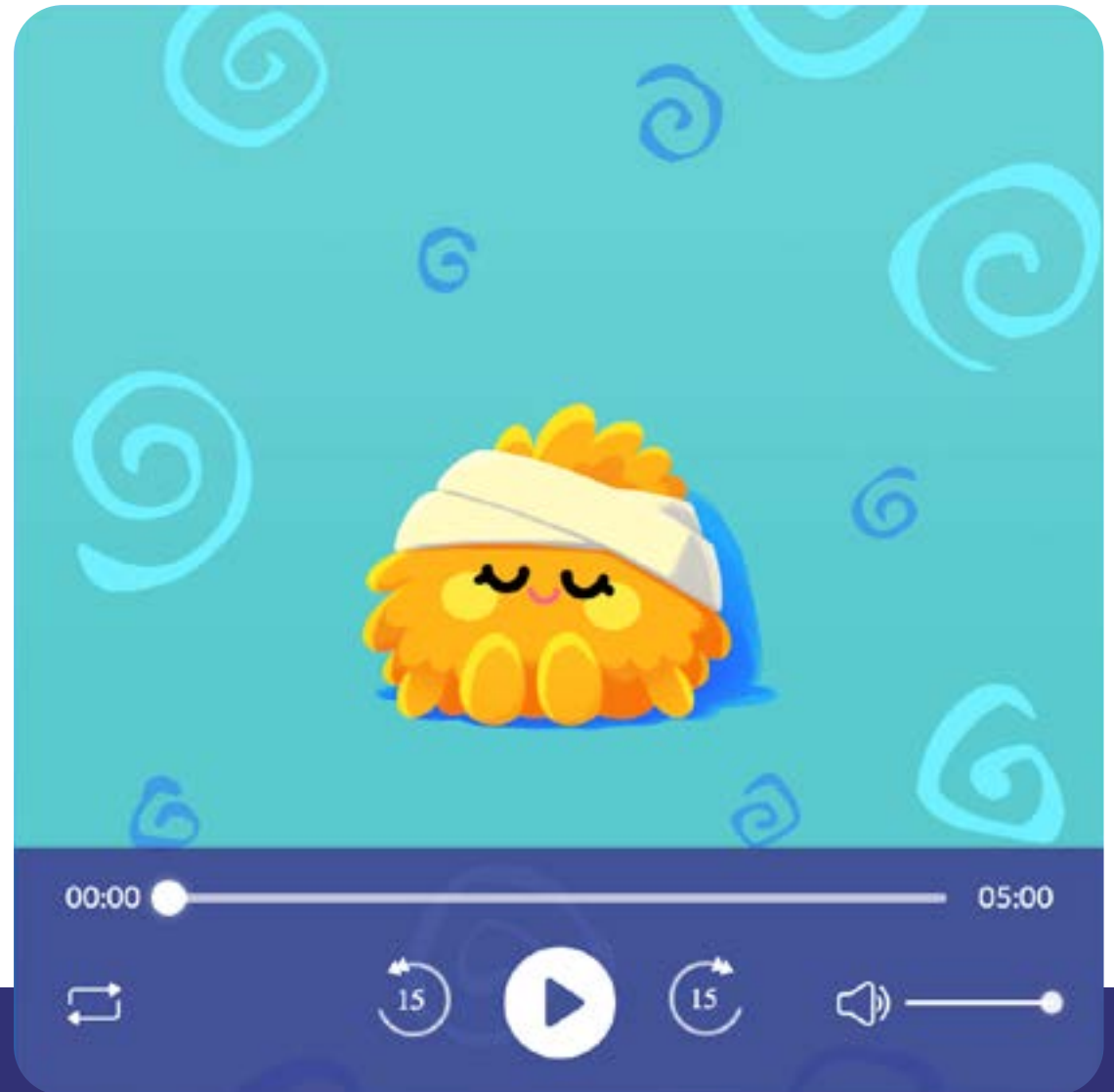
**I Can:**

I can use self-awareness to understand my emotions and thoughts are linked.



## Simmer Down with Boomer

Now we will listen to a Moshi Moment called 'Simmer Down with Boomer'. This is Boomer! Click on the picture to begin listening:



[http://moshisleep.com/play/Simmer\\_Down\\_With\\_Boomer](http://moshisleep.com/play/Simmer_Down_With_Boomer)



Boomer, the Bigmouth Squiddly Dee is a Moshling that has a habit of being extra noisy when he is sad, frustrated, or angry.

What is your behaviour like when you are sad?

- Frustrated?
- Angry?

## Before You Listen

Find a comfortable spot where you can sit.

## After You Listen

In order to relax, Boomer emptied his mind. He calmed down by taking a quiet moment and closing his eyes. Then he took deep breaths and cleared his mind. When thoughts came in, he accepted them and then focused back on the sounds around him.

- Did you find it difficult to clear your mind?
- What thoughts kept coming back in?
- When you focused back on the sounds around you, what did you hear?



The word "moshi" is written in a white, rounded, lowercase sans-serif font. The letters are thick and have a friendly, approachable feel. The 'm' and 'n' have a slight curve to them. The background consists of several overlapping circles in various shades of blue, ranging from a deep navy blue to a bright, vibrant blue. The circles are semi-transparent, creating a layered effect. The overall composition is clean and modern.

moshi