

Mindfulness in the Classroom

Squiggle's Short and Squishy Relaxation



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-MANAGEMENT: The ability to manage one's emotions, thoughts, and behaviours effectively in different situations. This includes the capacities to delay gratification, manage stress, and feel motivation and 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.



Objective:

Use self-awareness tools such as meditation, visualization, and deep breathing to manage emotions.

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 relax when I am stressed or anxious?

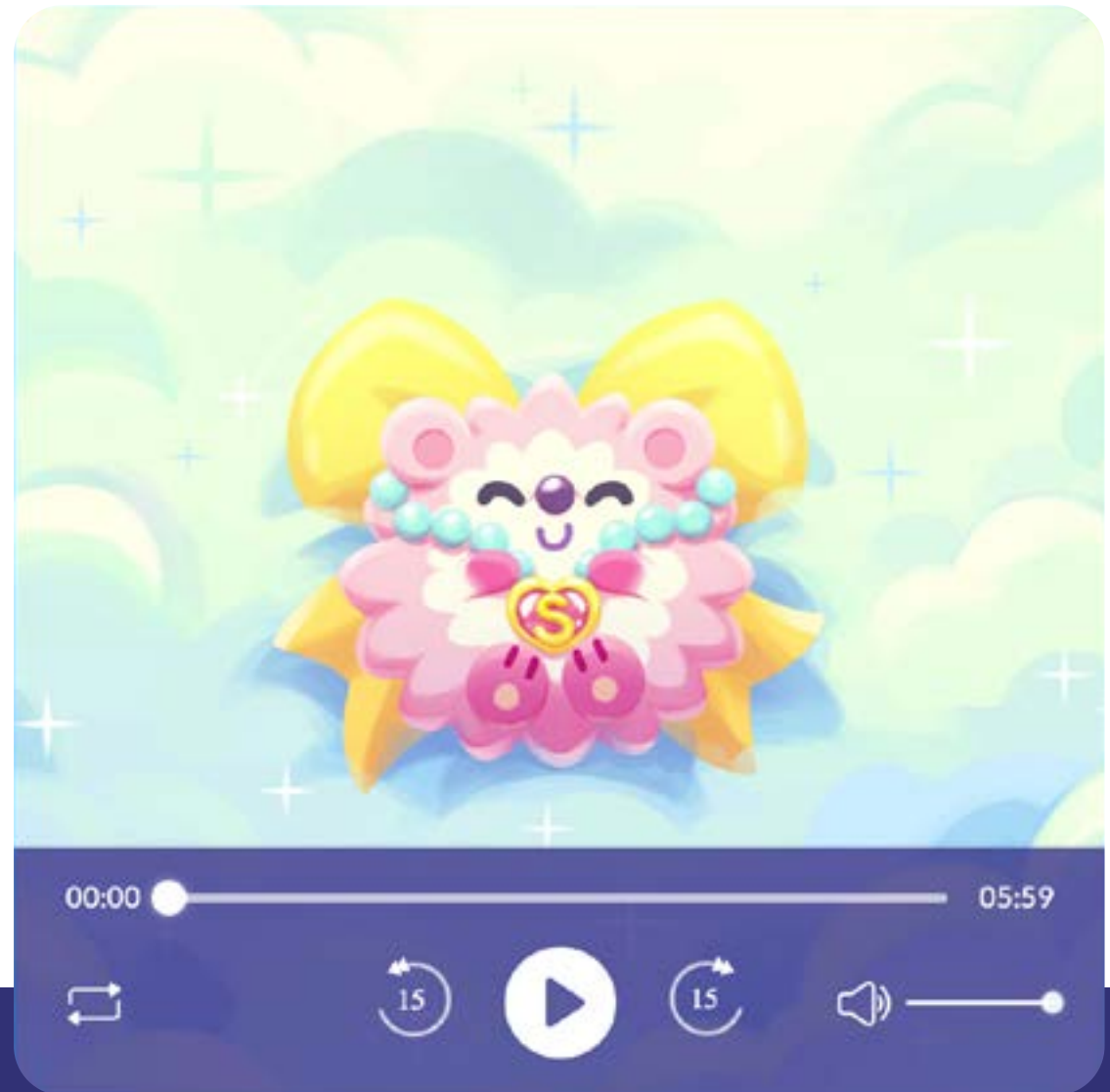
I Can:

I can use mindfulness techniques to manage my emotions.



Squiggle's Short and Squishy Relaxation

Now we will listen to a Moshi Moment called 'Squiggle's Short and Squishy Relaxation'. This is Squiggle! Click on the picture to begin listening:



http://moshisleep.com/play/Squiggles_Short_and_Squishy_Relaxation

Today you will join Squiggle the Helpful Hedgehog, an adorable Moshling who loves to help us ease our worries and calm our minds. Squiggles will help us meditate. When we meditate, we calm our minds and bodies. This is called meditation.

Before You Listen

Get comfy, get relaxed, snuggle down, and close your eyes. Take a slow breath in and exhale quietly.

Squiggle reminded us that we can think about floating on our clouds any time. When could someone do that to calm down or relax?

Teach Someone at Home

Who could you teach about Squiggle and her fluffy clouds of relaxation? You will get to do this during your Home Time Activity!





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