

Mindfulness in the Classroom

Stanley & Ophelia



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.

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.

Writing – Statutory Requirements:

Pupils will plan their writing by discussing and recording ideas.



Objective:

Use mindfulness to become self-aware in interactions with others.
Use the mindfulness technique of expressing gratitude.

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 mindful when interacting with others?
How can I express gratitude to others?

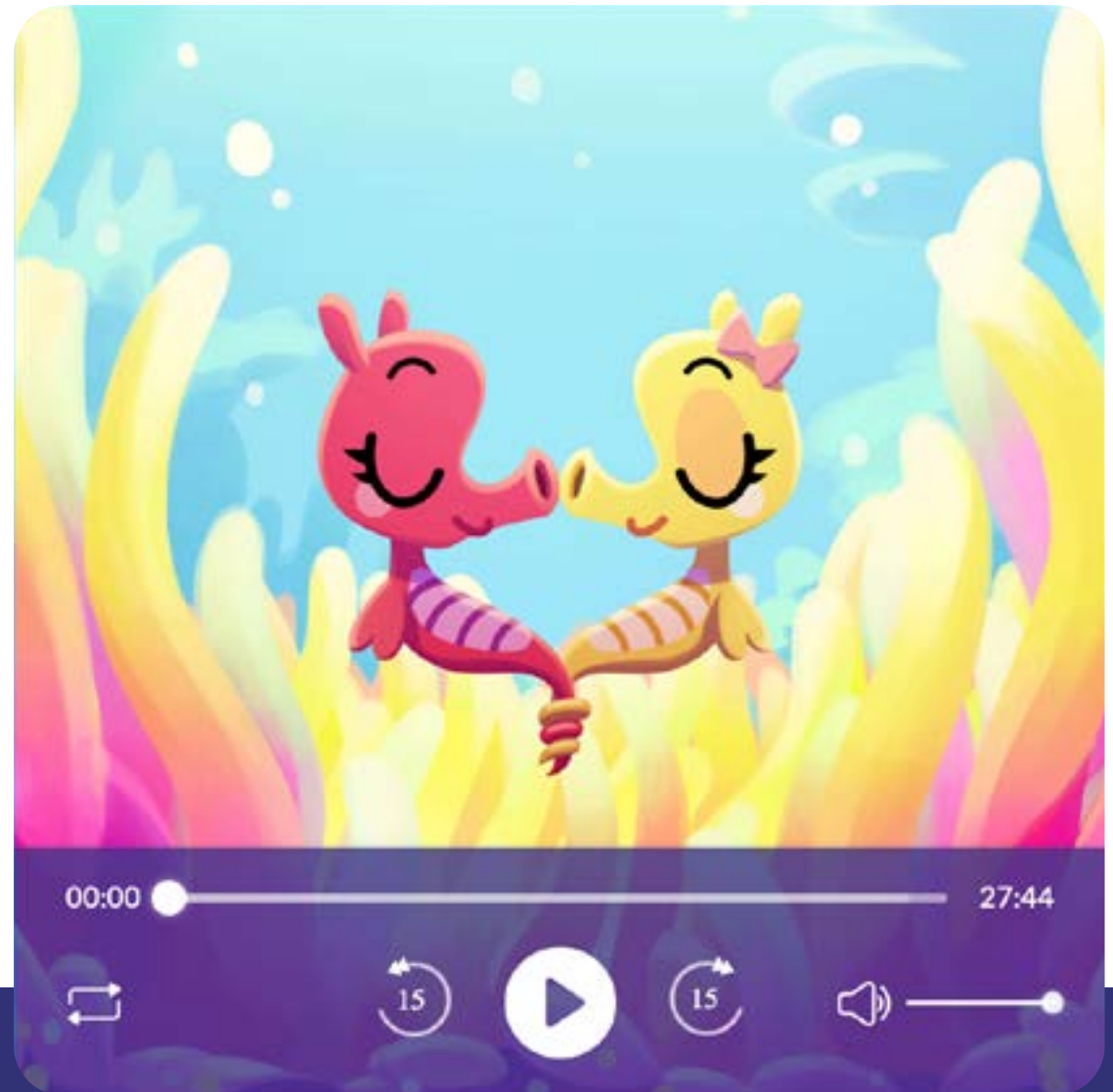
I Can:

I can be mindful in my interactions with others.
I can express my gratitude to others.



Stanley & Ophelia

Now we will listen to a story called 'Stanley & Ophelia'. This is Stanley & Ophelia! Click on the picture to begin listening:



http://moshisleep.com/play/Stanley_and_Ophelia

Before You Listen

Today we continue our mindfulness lessons with Stanley the Seahorse in an undersea tale as he learns what it means to care about someone special. In today's story, Stanley meets a seahorse named Ophelia. Ophelia helps Stanley when he needs it the most, and Stanley shows his gratitude to her.

- What and who do you feel grateful for?
- How do you express your gratitude to others?
- Stanley realizes he loves and cares about Ophelia. How do you let others know you care about them?

After You Listen

- Have you ever felt like Stanley felt before?
- Stanley and Ophelia realized they were soul mates. What are some things soul mates might have in common?
- Stanley was grateful that Ophelia saved him from the net. Have you had an experience similar to this?
- When do you feel grateful?
- When you love someone, it feels good to let them know. How could you let the people in your life know you love them?
- How do the people in your life let you know that they care about you?
- How do you feel now after listening to Stanley and Ophelia's story?



The image features a background of 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