

Mindfulness in the Classroom

Topsy Turvy's Time for Calm



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.

Writing – Statutory Requirements:

Pupils will plan their writing by discussing and recording ideas.



Objective:

Use self-management skills to manage stress.

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 manage my stress?

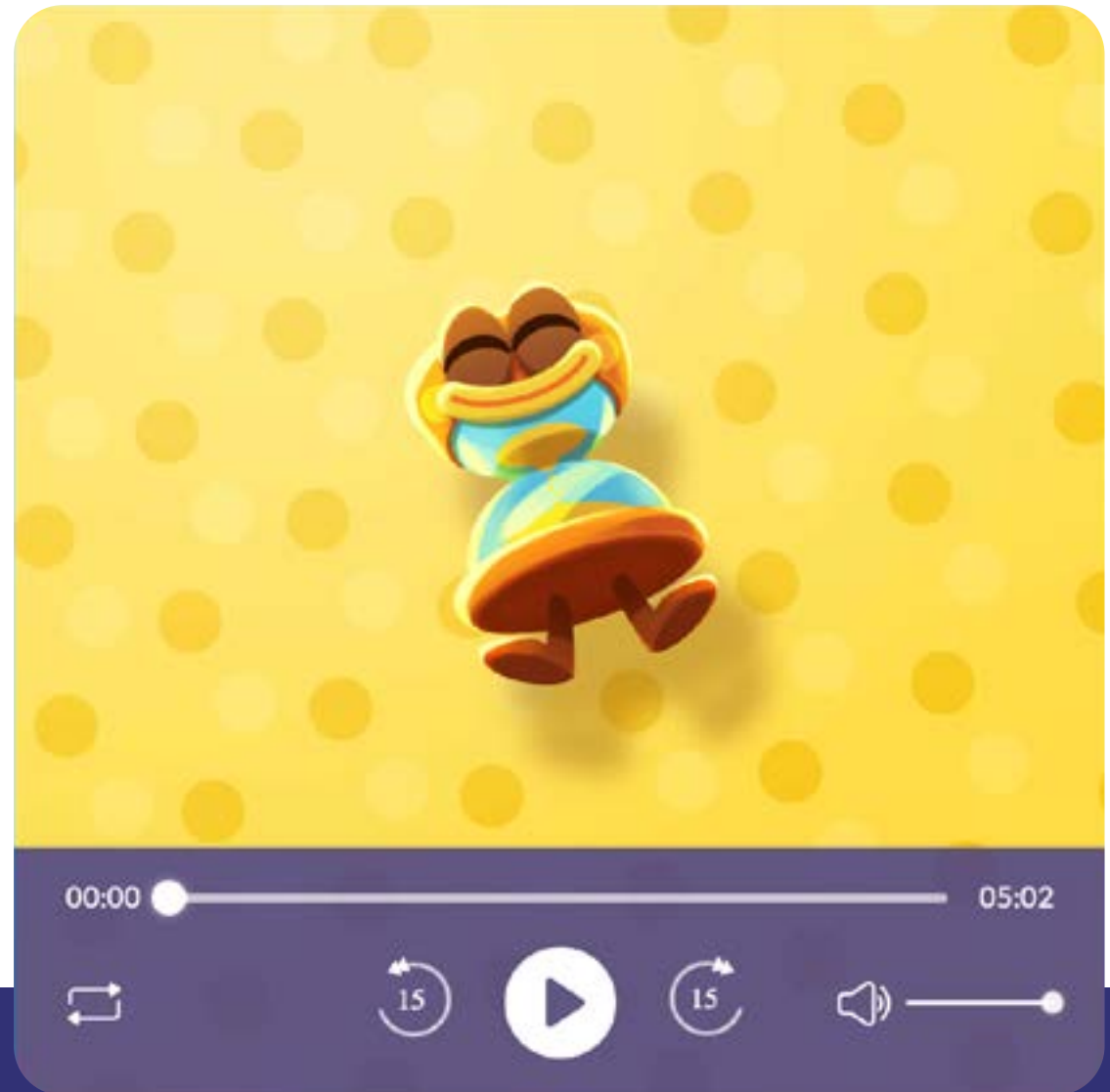
I Can:

I can manage my stress.



Topsy Turvy's Time for Calm

Now we will listen to a moment called 'Topsy Turvy's Time for Calm'. This is Topsy Turvy! Click on the picture to begin listening:



http://moshisleep.com/play/Topsy_Turvys_Time_for_Calm

Today we will venture to Flippity Trip Farm to meet a Tardy Timer Moshling named Topsy Turvy. Sometimes Topsy Turvy feels upside down with all of his emotions and needs to take a few minutes to calm down. When this happens, he sits down, closes his eyes, and takes a few deep breaths.

- What causes you to feel stressed?
- What happens when your emotions become out of control?

After You Listen

Topsy Turvy asked us to think of animals that started with the letter A, like alligator and aardvark, then B. With a partner, come up with animal names from A to Z. Don't worry! If you can't think of an animal with a certain letter, just make up a silly animal name.



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