

# Mindfulness in the Classroom

## **Tumbles the Nifty Shifty**



A teacher with long dark hair, wearing an orange top, sits on the floor in a classroom, surrounded by four diverse children. They are all looking at each other and talking. In the foreground, there are three Moshi plush toys: a purple one, a blue one, and a yellow one. The background shows 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:**

**SOCIAL AWARENESS:** The abilities to understand the perspectives of and empathise with others, including those from diverse backgrounds, cultures, & contexts. This includes the capacities to feel compassion for others, understand broader historical, and social norms for behaviour in different settings, and recognise family, school, and community resources and support.

## **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 mindfulness to understand the perspectives of others, including those from diverse backgrounds, cultures, and contexts.  
Use mindfulness techniques to be welcoming to others.

**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 understand the perspectives of others who are different from me?  
How can I be welcoming to others, even those who are different from me?

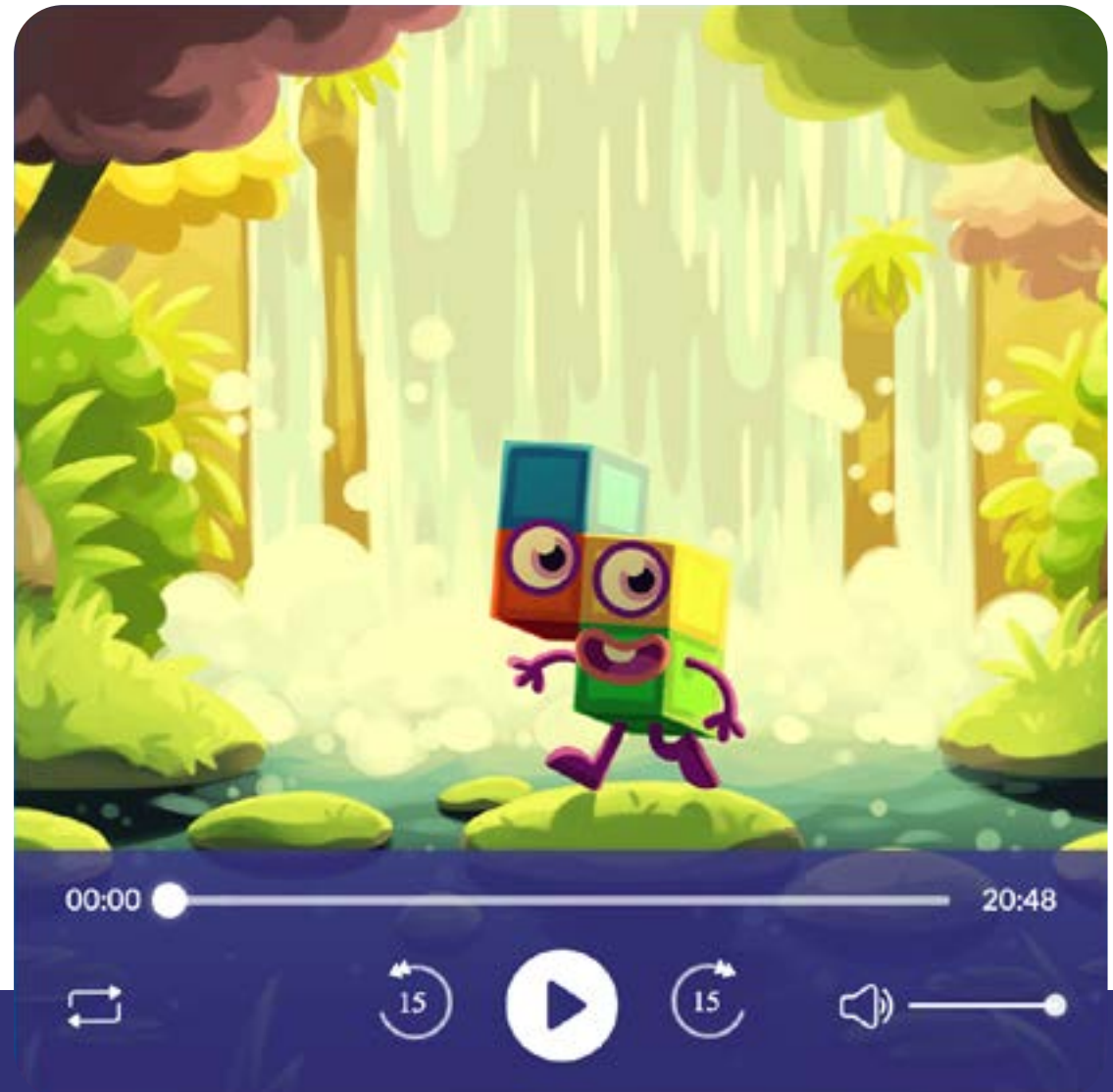
**I Can:**

I can understand the perspectives of others who are different from me.  
I can be welcoming to others, even those who are different from me.



## Tumbles the Nifty Shifty

Now we will listen to a story called 'Tumbles the Nifty Shifty'. This is Tumbles! Click on the picture to begin listening:



[http://moshisleep.com/play/Trubbles\\_Scrunchy\\_Crunchy\\_Twilight\\_Walk](http://moshisleep.com/play/Trubbles_Scrunchy_Crunchy_Twilight_Walk)

Tumbles the Nifty Shifty finds himself lost in a new and beautiful land where he has never been before. He is eager to explore this new place. A group of Woodland Moshlings finds Tumbles, who doesn't look like any Moshling they've ever seen.

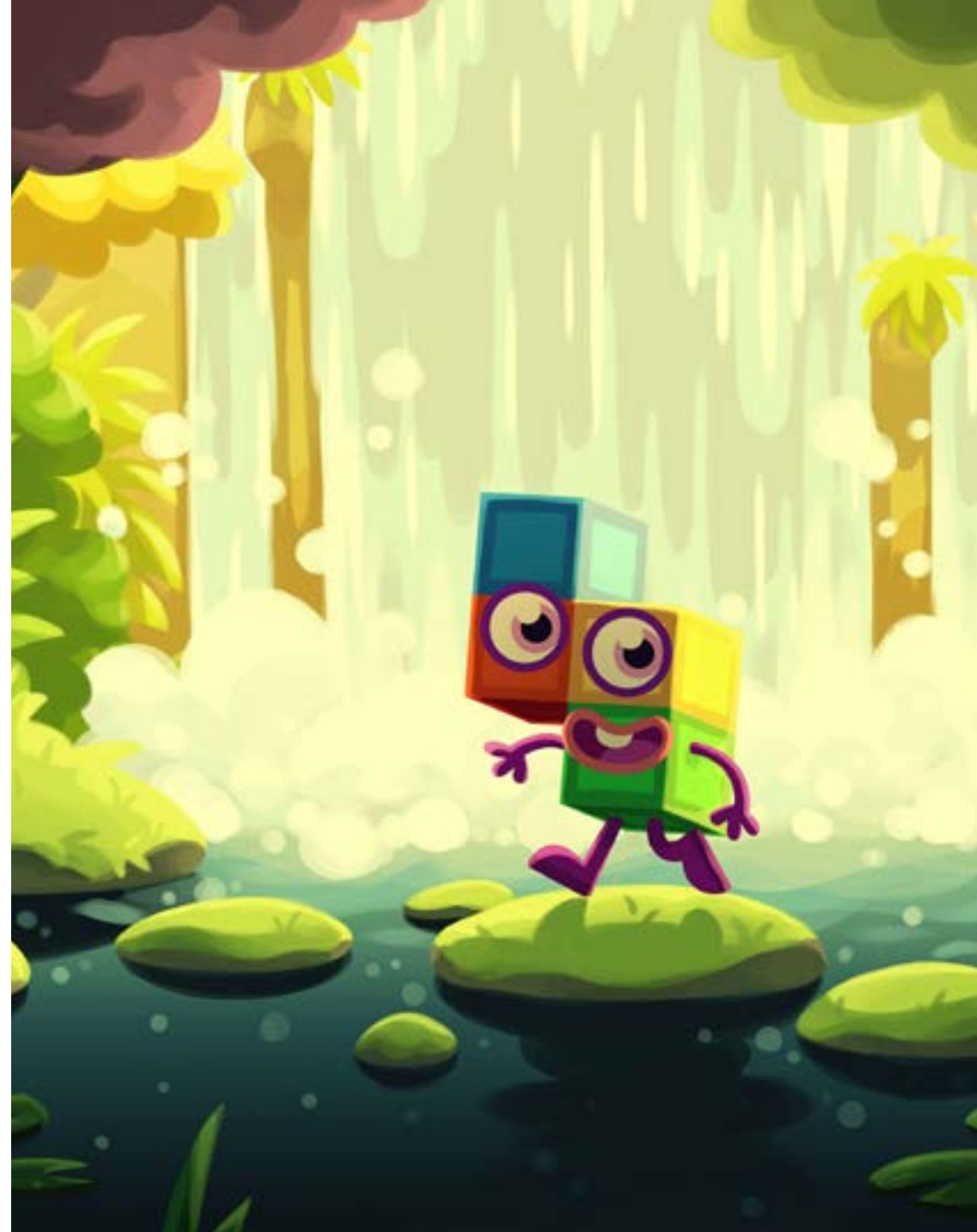
- Have you ever been in a situation like Tumbles?
- How does it feel to be in a new place?
- Have you ever welcomed someone who was new to your school or neighborhood?
- How did you make them feel welcomed?

Everyone has differences that make them unique.

- Do you have a friend who is different from you?
- What are the things you have in common that make you such good friends?

As you listen today, you will find Tumbles in a new place where he is different from everyone. Pay attention to how Tumbles tries to fit in. You will hear some wise advice about how to be a good friend to everyone, whether they are like you or not.

Get ready to listen for the ways that you can help everyone feel included.



## After You Listen

- How did the Woodland Moshlings treat Tumbles the Nifty Shifty?
- How did that make Tumbles feel?
- How did the Wonky Wizard help the Woodland Moshlings to make Tumbles feel like he was welcome?
- What did the Wonky Wizard teach the Woodland Moshlings about friendship and welcoming others?
- What special vow did the Wizard make many moons ago?
- How can you help the Wonky Wizard to do his work of spreading kindness and teaching others to be good friends to each other?

Tumbles felt like he needed to change himself to fit in. No one should have to change themselves to fit in.

- How do you help others feel included at school or in your community?



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 overall aesthetic is clean and modern, with a focus on geometric shapes and a cool color palette.

moshi