

# Mindfulness in the Classroom

## **Yawnsy's Blissful Body Scan**



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 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 to connect thoughts with emotions and actions.

**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 recognise my thoughts and calm down before I get too upset?

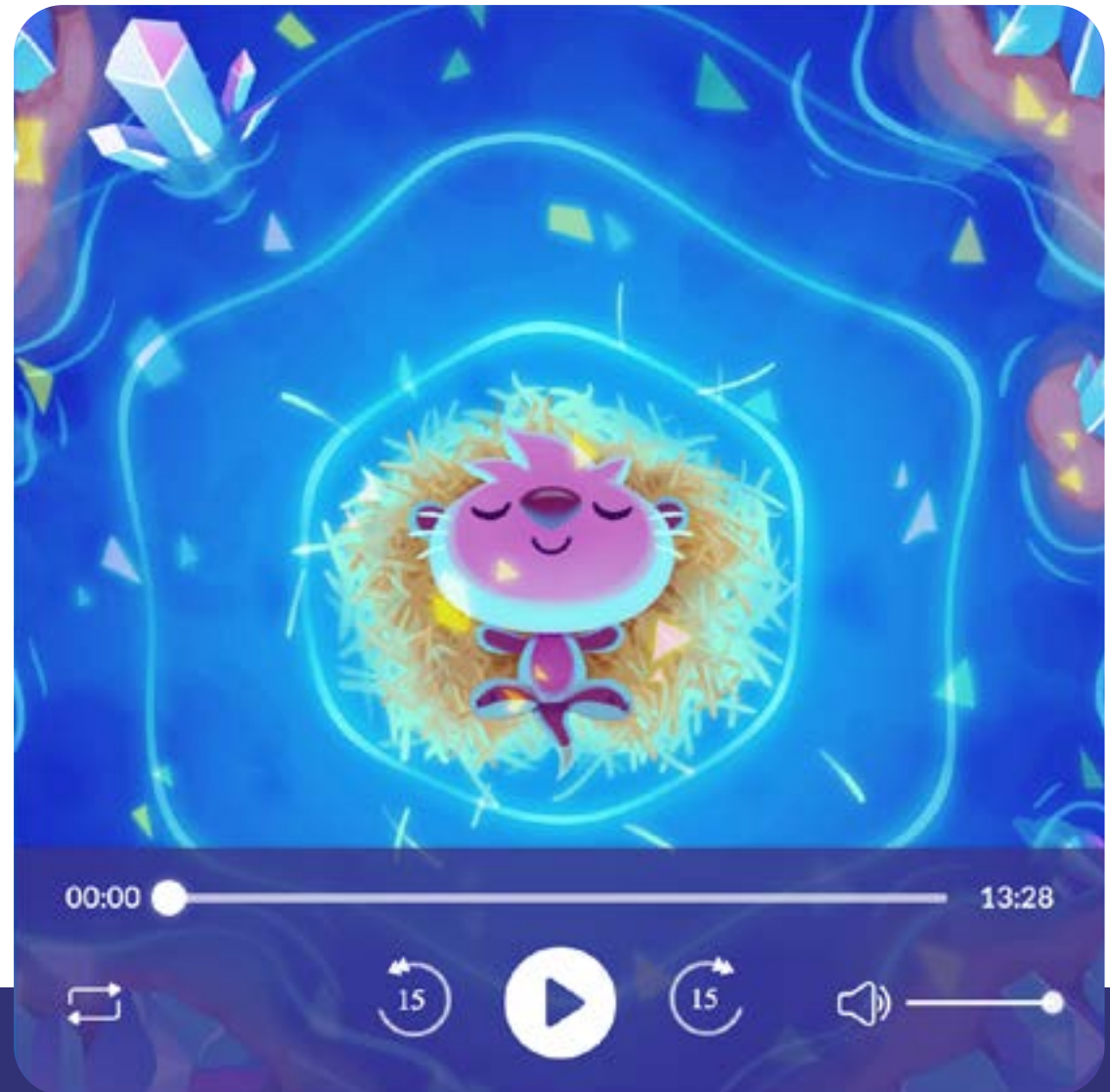
**I Can:**

I can recognise my thoughts and calm down before I get too upset.



## Yawnsy's Blissful Body Scan

Now we will listen to a meditation called 'Yawnsy's Blissful body scan'. Click on the picture to begin listening:



[http://moshisleep.com/play/Yawnsys\\_Blissful\\_Body\\_Scan](http://moshisleep.com/play/Yawnsys_Blissful_Body_Scan)



## Before You Listen

Today we will meet Yawnsy, a Sleepwalking Otter from Snufflepeak Creek who does a body scan to relax.

The purpose of a body scan is to tune in to your body. That means learning to reconnect to your physical self. Body scans help us notice any sensations we are feeling without deciding if they are good or bad.

Yawnsy snuggled into his bed of reeds and did a body scan. He takes a moment to feel and listen to his body. Settle in, take some deep breaths and focus on today's meditation with Yawnsy.

## After You Listen

- How does your body feel after wiggling, scrunching, and relaxing?
- Were there any areas of your body that had a hard time relaxing?
- How can you use this technique at school?
- When could you use this technique at home?



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 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