

Mindfulness in the Classroom
Day Six of Moshi Mindfulness
Calming Counting





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:

RESPONSIBLE DECISION-MAKING: The abilities to make caring and constructive choices about personal behaviour and social interactions across diverse situations.

Identifying solutions for personal and social problems.

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 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:

What can I do to calm myself down?

I Can:

I can use mindfulness and counting to calm myself down.



Day Six of Moshi Mindfulness - Thinking & Thanking

Now we will listen to a meditation
from '7 days of Moshi Mindfulness'
called Day Six of Moshi Mindfulness.
This is Mini Ben! Click on the picture
to begin listening:



00:00  07:37



https://app.moshikids.com/schools/play/7_Days_Calming_Counting?categoryId=meditations

Moshi Mindfulness takes practice. It can be hard to focus on what is happening. Let your thoughts pass by like a little boat on a stream. We will work on deep breathing. First breathe in through your nose. Now out through your mouth. Practise this a few times. In through your nose, out through your mouth. Remember how the Moshlings breathe in like they are smelling a flower, and out like they are blowing out a candle on a birthday cake, or like blowing the seeds of a dandelion, or a bird's feather.

We will work on focusing today by counting. You know how to count. Today we will count our breaths. One breath means breathing in and then out. That is one breath. You can count fast, but today we will count slowly. Let's practise counting our slow, deep breaths. If you lose count, just start back at one.

After you have breathed slowly and counted your breaths with today's Moshi meditation, how do you feel?

What did it feel like to breathe deeply and slowly?

How many breaths did you count?

If your friend was upset or worried, could breathing and counting help them?

When could breathing and counting help you to calm down?



The background consists of several overlapping circles in various shades of blue, ranging from a deep navy blue to a bright, vibrant blue. The circles are semi-transparent, creating a layered effect. The word "moshi" is centered in the middle of the image.

moshi