

Mindfulness in the Classroom  
**Day Three of Moshi Mindfulness**  
**Inner Smileyness**





### 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 abilities to manage one's emotions, thoughts, and behaviors effectively in different situations and to achieve goals and aspirations.

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

## 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 compose their sentences orally before writing them down.





**Objective:**

Manage emotions such as stress and anxiety using mindfulness techniques.

**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 when I am upset or stressed?

**I Can:**

I can use mindfulness to calm myself down.



## Day Three of Moshi Mindfulness - Inner Smileyness

Now we will listen to a meditation from '7 days of Moshi Mindfulness' called Day Three - Inner Smileyness. This is CocoLoco! Click on the picture to begin listening:



00:00  05:16



[https://app.moshikids.com/schools/play/7\\_Days\\_Inner\\_Smileyness?categoryId=meditations](https://app.moshikids.com/schools/play/7_Days_Inner_Smileyness?categoryId=meditations)



Today we will work on calming our minds and focusing on the here and now. Moshlings think of this time as a relaxing holiday. We will work on finding inner peace, or what the Moshlings call “Inner Smileyness.”

What have we learned about mindfulness?

We breathe deeply.

We let our thoughts float away like a bubble floating on a stream.

We feel our bodies relaxing as we breathe slowly.

We can do it each day to find a peaceful feeling.

That is what we will work on today with the Moshlings – finding Inner Smileyness!

## Get Ready to Listen

Wiggle then stretch.

Sit up straight and take quiet deep breaths.

## After You Listen

What does your Inner Smileyness feel like?

Draw a picture or write about it now.

When do you think you will need to remember your inner peace? When would it be helpful to calm yourself down?

How do you feel now that you have practiced more mindfulness?



The word "moshi" is written in a white, rounded, lowercase sans-serif font. The letters are thick and have a friendly, approachable feel. The 'm' and 'n' have a slight curve to them. The background is a solid blue color with several large, overlapping, semi-transparent circles in various shades of blue, creating a layered, abstract effect.

moshi