

Mindfulness in the Classroom  
**Delightful Deep Breathing with Nancy**





## 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. 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 abilities to understand one's own emotions, thoughts, and values and how they influence behavior across contexts.

**SELF-MANAGEMENT:** The abilities to manage one's emotions, thoughts, and behaviors effectively in different situations.

## Academic Standards:

CCSS.ELA-LITERACY.W.K.8

CCSS.ELA-LITERACY.W.1.8

CCSS.ELA-LITERACY.W.2.8

With guidance and support from adults, recall information from experiences or gather information from provided sources to answer a question.

## Objective:

Identifying and managing one's emotions.

## Essential Question:

How can I use mindfulness and deep breathing to manage my emotions?

## This lesson plan includes:

Classroom Slide Presentation and Teaching Script

Home Time Activity

Weekly Theme Card

Mindful Teaching Tips



## Delightful Deep Breathing with Nancy

Through the physical act of deep breathing and being aware of the breath moving in and out of the body, you will be able to learn and practice these techniques inside and outside of the classroom.

### How Are You?

Today you will practice breathing to relax yourself. Nancy is a magical Moshling who can help you to calm down when you are sad or mad.

How do you feel right now?

Write or draw about it on your Theme Card.

### Let's Celebrate!

Nancy loves to celebrate her friends and family. Think about who in your life you want to celebrate during today's meditation.

Who do you love to celebrate?

What about these people makes you want to celebrate them?



## Get Ready to Listen

Now we will listen to a story called Delightful Deep Breathing with Nancy. During her story Nancy thinks about who she loves to celebrate. Think about the people you want to celebrate during that time. Get comfy...get calm...and away we go!

## After You Listen

Stretch your body slowly and feel the calm within you. You just learned how to use deep breathing to relax. Draw a picture on your Theme Card about how you feel now that you have breathed with Nancy.

Nancy pictures the people she wants to celebrate when she practices her deep breathing by blowing out her magical candles. What other calm and peaceful things could you think of while you are breathing to relax? Write about them or draw on your Theme Card now.

## Celebrating YOU!

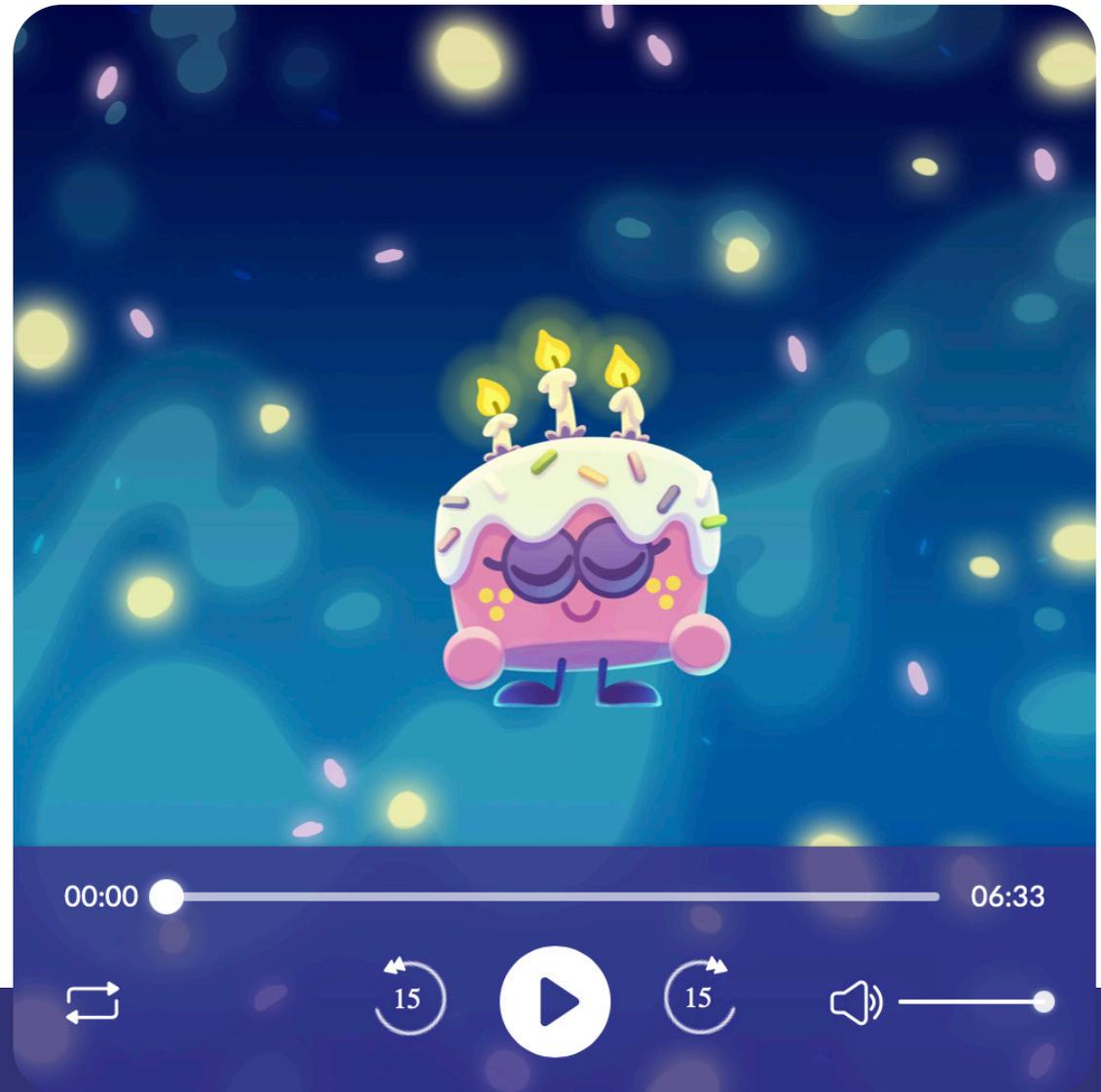
Think about what you can celebrate about yourself! Write or draw about something that you are proud of on your Theme Card.

Think about when you can use deep breathing. When could you use it in school? When could you use it at home? You will get a chance to practice Nancy's Delightful Deep Breathing at home with your Home Time Activity.



## Delightful Deep Breathing with Nancy

Now we will listen to a Moshi Moment called 'Delightful Deep Breathing with Nancy'. This is Nancy! Click on the picture to begin listening:



<https://app.moshikids.com/schools/play/21?categoryId=moments>

moshi