

# Mindfulness in the Classroom

## **Gumdrop's Magical Meditation Spheres**





### 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. This includes capacities to recognize one's strengths and limitations with a well-grounded sense of confidence and purpose.

**Academic Standards:**

Common Core English/Language Arts Standards:

CCSS.ELA-LITERACY.SL.3.2

CCSS.ELA-LITERACY.SL.4.2

CCSS.ELA-LITERACY.SL.5.2

Determine the main ideas and supporting details of a text read aloud or information presented in diverse media and formats, including visually, quantitatively, and orally.

**Objective:**

Use self-awareness to focus attention on releasing negative emotions.

**Essential Questions:**

How can I focus my attention to release negative emotions?

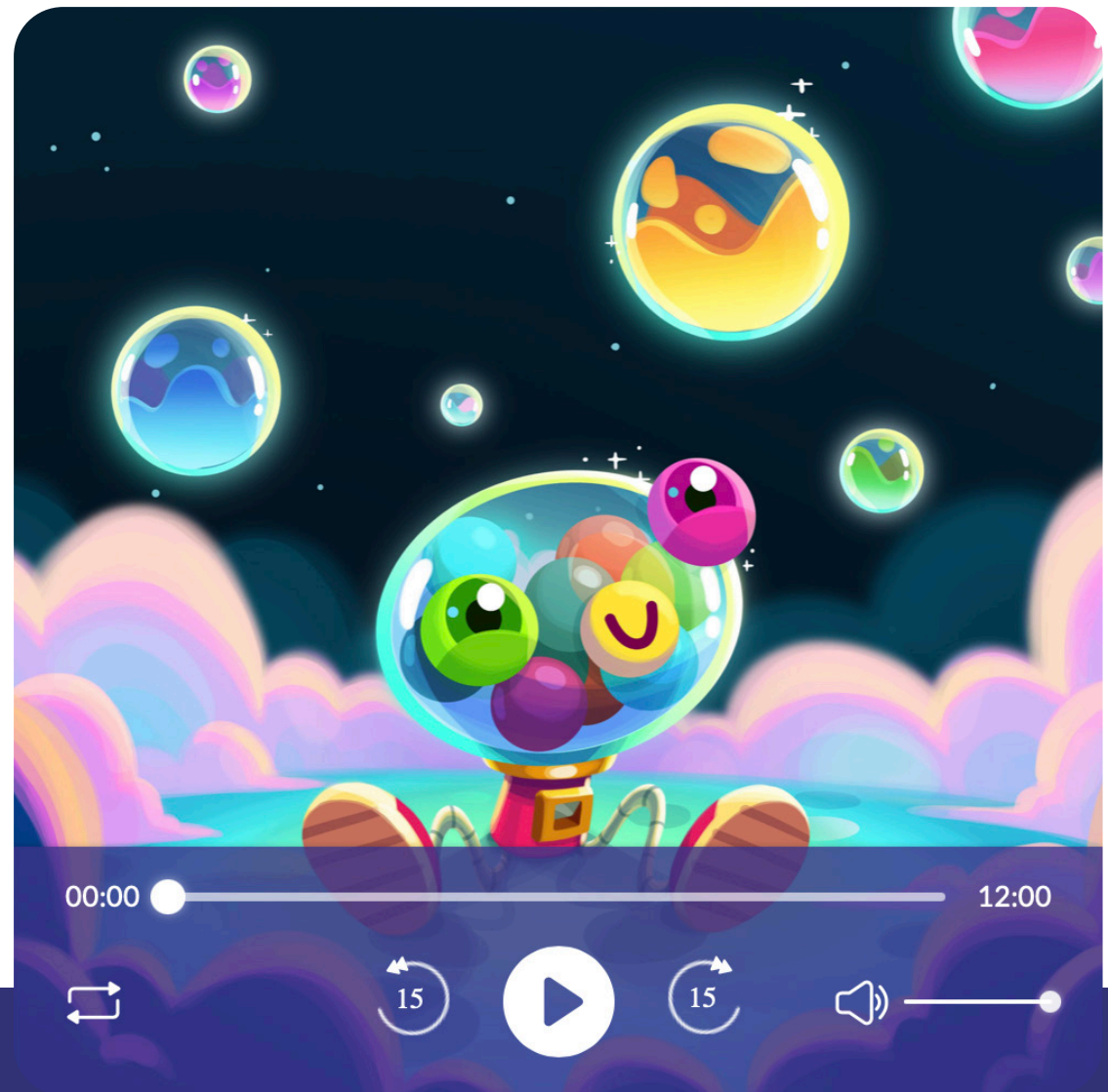
**I Can:**

I can focus my attention to release negative emotions.



## Gumdrop's Magical Meditation Spheres

Now we will listen to a meditation called 'Gumdrop's Magical Meditation Spheres'. This is Gumdrop! Click on the picture to begin listening:



<https://app.moshikids.com/schools/play/2?categoryId=meditations>

Gumdrop, the Bendy Vending's transparent head is full of items to help you relax. While his head looks a lot like a gumball vending machine, it contains magical meditation spheres to help let go of negative thoughts and emotions.

## Before You Listen

Find a comfortable spot where you can sit cross-legged on the floor. Close your eyes and begin to relax.

## After You Listen

During the meditation, you pictured two magical meditation spheres.

- What did they look like?

Today, we are going to decorate our own meditation spheres. You can either use the image from your meditation or create something totally new.

You can paint or color your meditation sphere however you want in order to help you focus during a meditation.

Teachers, provide students with small wooden balls to paint or use markers to color.



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' has a slightly curved top, and the 'i' has a small dot. The text is centered horizontally and vertically on the page.

moshi