

# Mindfulness in the Classroom

## Major Moony's Cosmic Stressbuster

Older Learners 3rd to 5th Grade



  
**moshi**  
for  
*Schools*



## 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-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 abilities to make caring and constructive choices about personal behavior and social interactions across diverse situations.

## Academic Standards:

CCSS.ELA-LITERACY.SL.3.2

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.

CCSS.ELA-LITERACY.SL.4.2

Paraphrase portions of a text read aloud or information presented in diverse media and formats, including visually, quantitatively, and orally.

CCSS.ELA-LITERACY.SL.5.2

Summarize a written text read aloud or information presented in diverse media and formats, including visually, quantitatively, and orally.

## Objective:

Use mindfulness techniques to manage stress.

## Essential Questions:

What is stress?

How can I use mindfulness to manage stress?

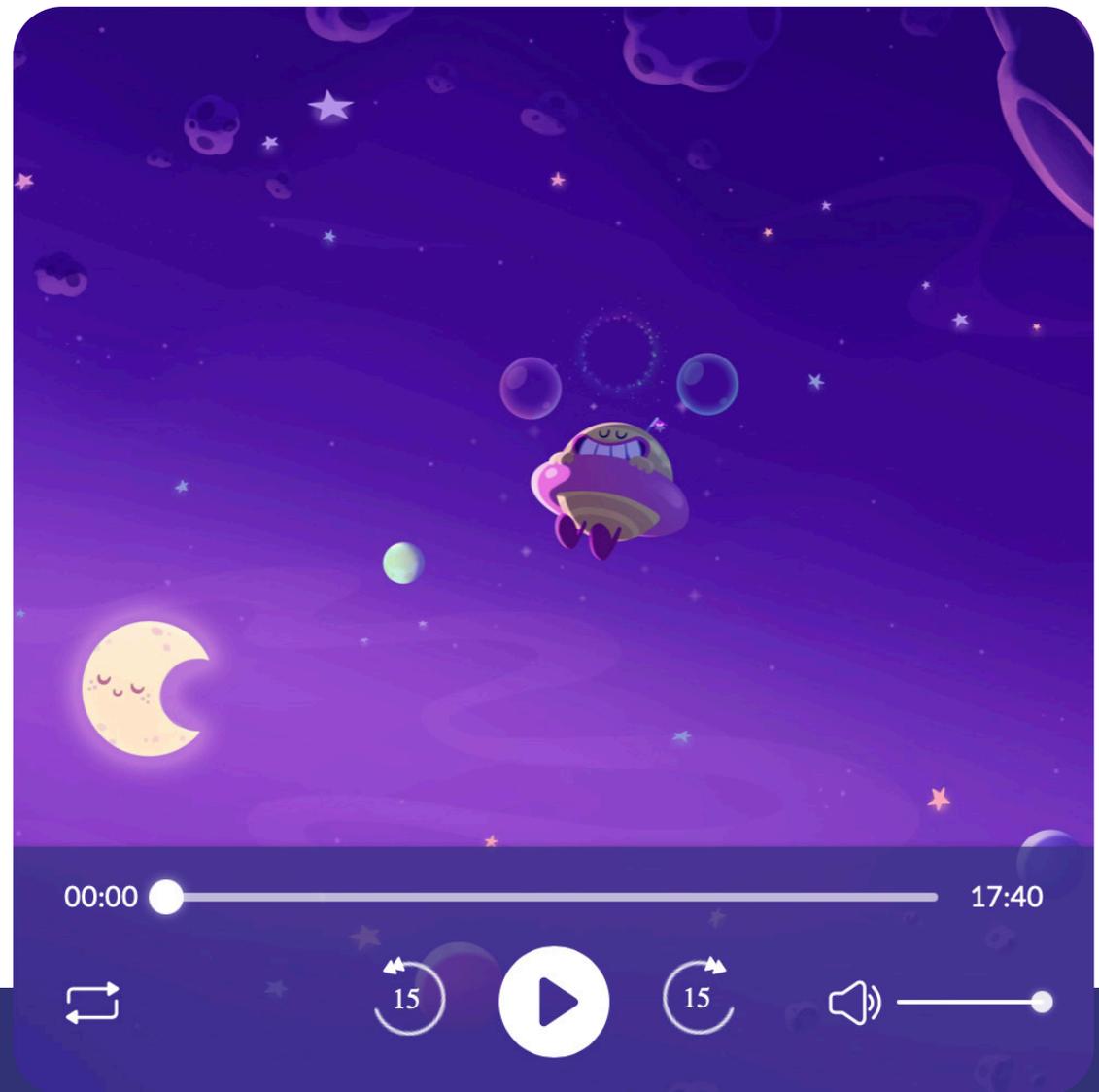
## I Can:

I can use meditation and mindfulness to manage stress.



## Major Mooney's Cosmic Stressbuster

Now we will listen to a story called 'Major Mooney's Cosmic Stressbuster'. This is Major Mooney! Click on the picture to begin listening:



[https://app.moshikids.com/schools/play/Major\\_Moonys\\_Cosmic\\_Stressbuster\\_v1?categoryId=meditations](https://app.moshikids.com/schools/play/Major_Moonys_Cosmic_Stressbuster_v1?categoryId=meditations)

Today we will learn how to deal with stress. Stress is your mind and body's reaction to difficult situations.

During this Moshi Meditation we will work on breathing slowly and evenly. Let's practice this skill now. Take a deep, quiet breath. Inhale as you count to 5, then exhale as you count to five. Continue to take five slow breaths.

When thoughts pop into your mind as you are relaxing, practice letting them float away today. Major Moony will give you a fun and Moshified way to deal with stress and worry.

### **Before You Listen**

Relax your body and quiet your mind. Let's begin our deep breathing now and get ready to learn a new mindful skill.

### **After You Listen**

How does Major Moony deal with his stress?

What thoughts did you put into a bubble?

How did it feel to let them float away?

What happy thoughts filled your mind?

When could you use Major Moony's Cosmic Stressbuster to help you deal with your thoughts?



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