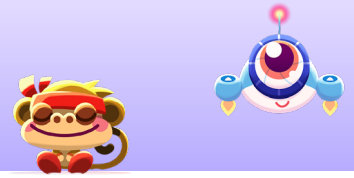


# Teachers love Moshi for Schools!



#1 app - based social-emotional learning and mindfulness solution for grades preK - 5, with new content released twice per week.

We surveyed teachers who use Moshi in their classrooms:

**95%** said Moshi helps keep their classroom calm







**93%** said Moshi improves focus in the classroom

**87%** said Moshi improves engagement and participation in the classroom

Moshi content is connected to SEL Competencies (social-awareness, self-awareness, responsible decision making, relationship building, and self-management) and Literacy Standards (listening, comprehension, recalling information, and making connections to prior experiences), making every Moshi track an inclusive academic and social-emotional learning experience.



## moshi All Day, Every Day

-  **Breathing** - Help students experience the power of deep breathing and its impact on their brains and nervous systems.
-  **Meditations** - Guided meditations, perfect for resetting and refreshing mid-day and for learning the basics of mindfulness.
-  **Moments** - 5 - 15 minute lessons that teach SEL and mindfulness strategies.
-  **Music** - Soothing music to ease students into the school day and through transitions.
-  **Sounds** - A sensory experience that allows students to practice visualization and get their creativity flowing.
-  **Stories** - Melodic and whimsical stories that help kids rest, fall asleep, and stay asleep (best for our littlest Moshlings!)

## Get started today

1. Sign-up for your free school year subscription
2. Email [allison.henry@moshikids.com](mailto:allison.henry@moshikids.com) for any support you need
3. Explore our Moshi for Schools page



# moshi All Day, Every Day

Here are a few examples of how the magical world of Moshi is used during important parts of the school day to help students stay calm and focused for social and academic success.

## Beginning of the Day

Moshi Music playing in the background to create a sense of calm while students transition into the classroom.



## Social Emotional Learning Time

Moshi SEL Lessons to teach and practice developmentally appropriate social and emotional skills.



## End of the Day

A Moshi Moment to end the day with reflection and positivity as a learning community.



## Academic Learning Time

Moshi Music or Sounds playing in the background to create a sense of calm during small group and independent work.



## Middle of the Day

Moshi Moments, Meditations, or Breathing to reset the brain and body for an afternoon of learning.

