

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 for any support you need
3. Explore our Moshi for Schools page



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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.

