

Mindfulness in the Classroom
Rainy Umbrella Relaxation with Kazuki





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.

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 the mindfulness technique of visualization to manage emotions.

Essential Questions:

How can I manage my emotions using mindfulness?

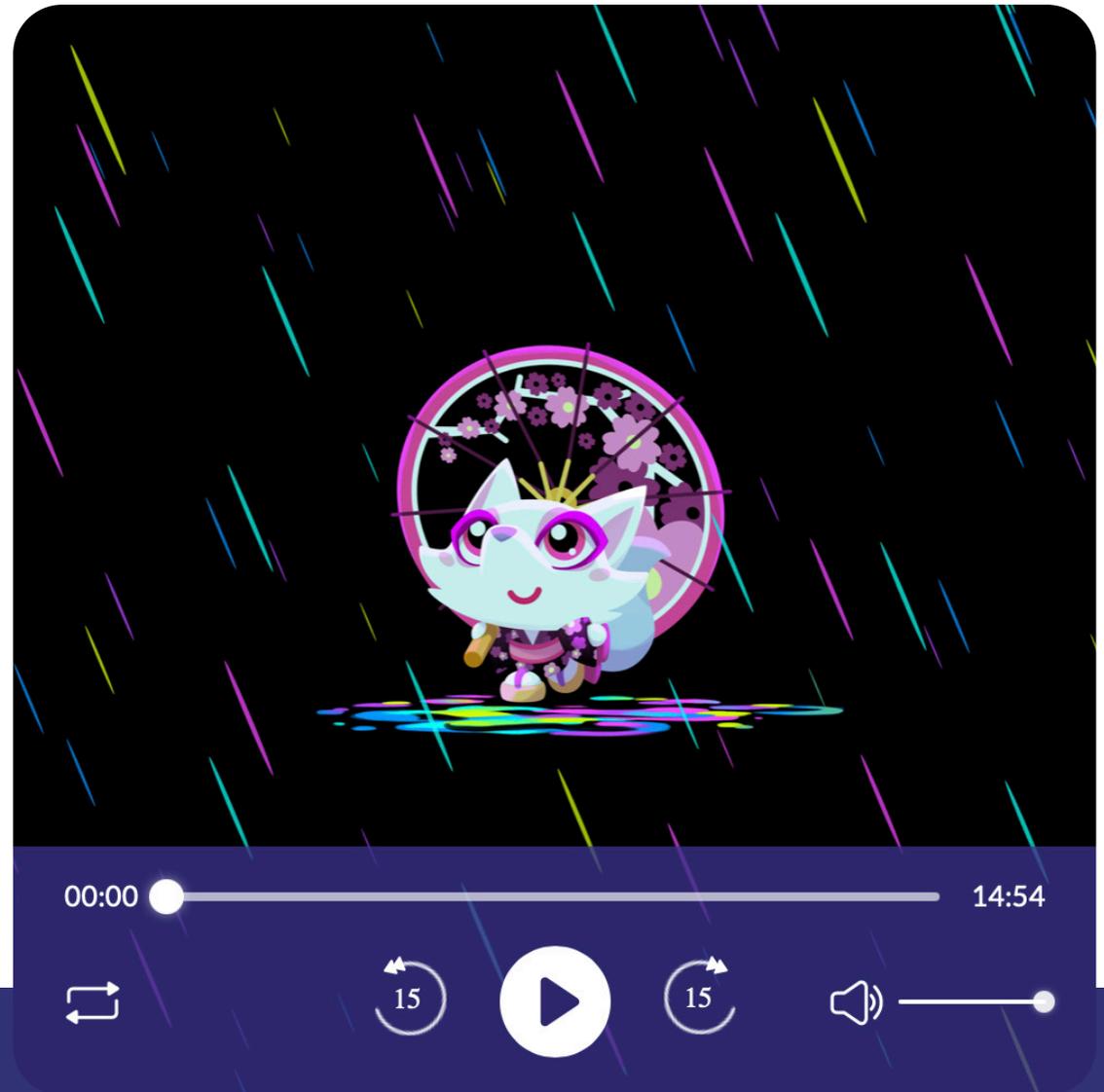
I Can:

I can use visualization to manage my emotions and calm myself down.



Rainy Umbrella Relaxation with Kazuki

Now we will listen to a story called 'Rainy Umbrella Relaxation with Kazuki'. This is Kazuki! Click on the picture to begin listening:



https://app.moshikids.com/schools/play/Rainy_Umbrella_Relaxation_with_Kazuki?categoryId=meditations

Before You Listen

In today's meditation we will visit Kazuki the Kabuki KitiKati who lives in the metropolis of Moshimo City.

What are some sights and sounds you may hear in a large city?

Have you visited a large city?

What was your experience like?

Kazuki loves to listen to the rain fall. One of Kazuki's favorite things is her lotus flower umbrella.

Kazuki focuses on the calming sounds of the rain around her as she breathes deeply. She breathes in slowly through her nose then out through her mouth.

Let's practice this now and take a few breaths. Get comfortable and listen as we meditate with Kazuki and picture Moshimo City.

After You Listen

Which parts of Moshimo City did you enjoy imagining the most?

Describe them and include a sketch of what you pictured in your mind.

Kazuki thought about the smell of the flowers in the park as the rain fell on them. Have you ever experienced the smell of rain? What was it like?

Rain makes Kazuki calm and relaxed. What are some other emotions you associate with rain?



moshi