

Mindfulness in the Classroom

Relax Like a Cuddly Wibble

Older Learners 3rd to 5th Grade





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. The programme is designed with SAFE and SEAL in mind. 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 behaviours effectively in different situations and to achieve goals and aspirations.

RESPONSIBLE DECISION-MAKING: The abilities to make caring and constructive choices about personal behaviour and social interactions across diverse situations.

Academic Standards:

National Curriculum in England - English Programmes of Study:

Spoken Language – Statutory Requirements:

Pupils will use spoken language to develop understanding through imagining and exploring ideas.

Pupils will listen and respond appropriately to adults.

Pupils will give well-structured descriptions for different purposes, including for expressing feelings.

Reading Comprehension – Statutory Requirements:

Pupils will also develop pleasure in reading, motivation to read, vocabulary and understanding by listening to and expressing views about a story at a level beyond that at which they can read independently.

Writing – Statutory Requirements:

Pupils will plan their writing by discussing and recording ideas.



Objective:

I can use progressive muscle relaxation to manage stress.

Curriculum:

This lesson is part of a well-designed curriculum that builds SEL skills sequentially. Students will continue to improve their self-management and self-awareness as well as other SEL skills in other short, high-quality lessons. During these lessons in which pupils are active participants, pupils will explicitly be taught why these improved SEL skills are so valuable.

Essential Questions:

What is progressive muscle relaxation?

What strategies can I use to relax my mind and body?

How can I calm myself down when I feel upset or stressed?

I Can:

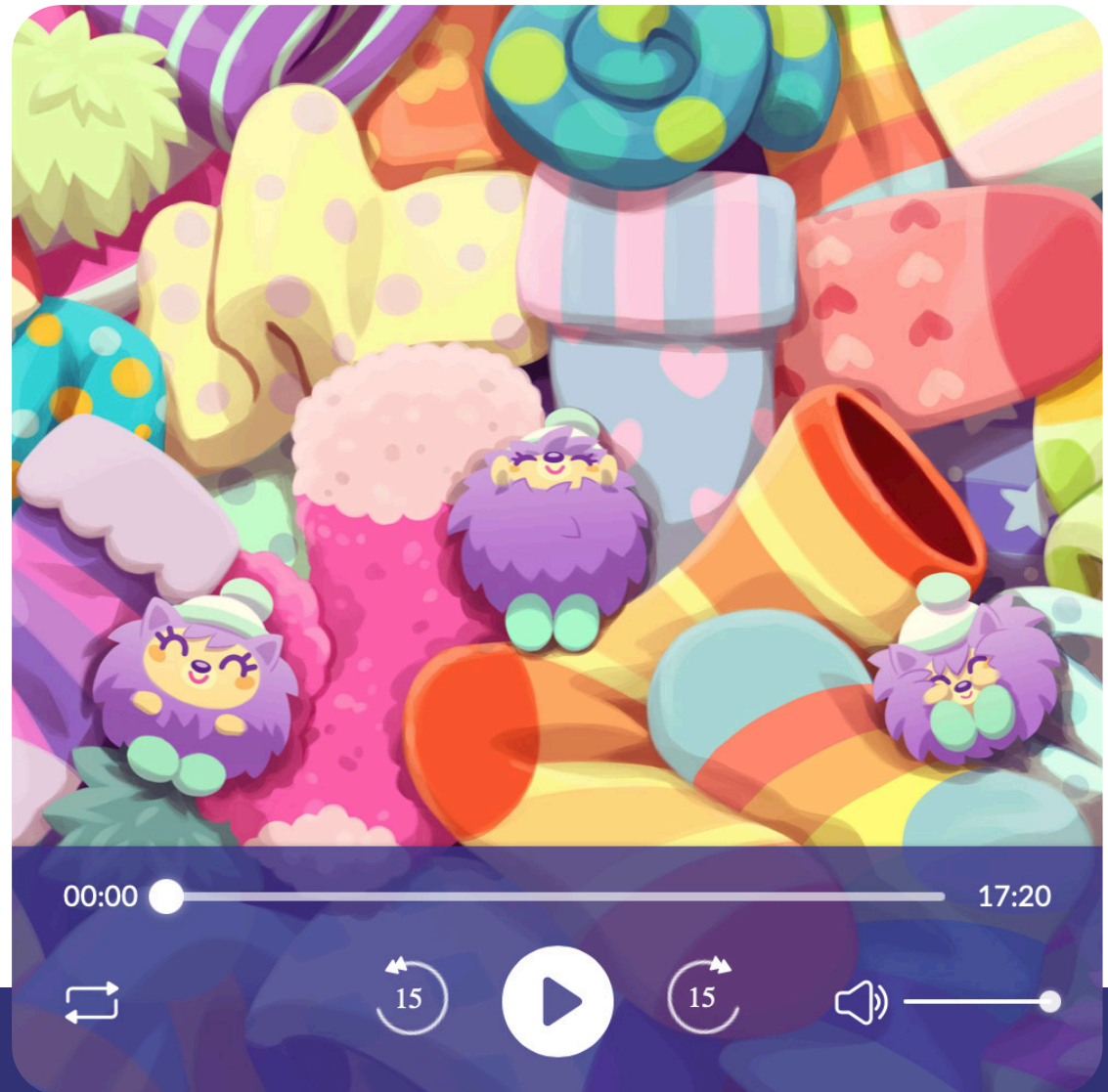
I can choose a relaxation tool to calm myself down.

I can use mindfulness to manage my emotions.



Relax Like a Cuddly Wibble

Now we will listen to a meditation called 'Relax Like a Cuddly Wibble'. This are Cuddly Wibbles! Click on the picture to begin listening:



https://app.moshikids.com/schools/play/Relax_like_a_Cuddly_Wibble_v1?categoryId=meditations

Today you will learn how some Moshling's called Cuddly Wibble's like to relax. We will practise stretching like a cat today, and use our muscles to help us relax. When you stretch, you are in your own space and you let others be in their own space. Practise taking a stretch like a cat, or another animal, and make sure you have enough room to move without touching anyone else.

We will learn a tool called progressive muscle relaxation, a way to tense our muscles up, then relax them. This helps our bodies to relax when we feel stress. When our bodies are relaxed, it becomes easier to relax our minds.

Before You Listen

Relax your body in your own space.

Remember your slow, deep breathing. Breathe in through your nose, then out through your mouth. Take several deep breaths to calm yourself.

After You Listen

How do Cuddly Wibbles like to relax?

Can you remember how to do the Wibble? The Wibble Bibble? The Wibble Bibble Bobble??

- What did it feel like to tense your muscles, then relax them?
- When is it useful to have tense muscles?
- When is it useful to have relaxed muscles?
- When could you do the Wibble to help you manage your stress?



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' and 'n' have a slight curve to them. The background is a solid blue color with several large, overlapping, semi-transparent circles in various shades of blue, creating a layered, abstract effect.

moshi