

# Mindfulness in the Classroom

## **Simmer Down with Boomer**





## 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-AWARENESS:** The abilities to understand one's own emotions, thoughts, and values and how they influence behavior across contexts. This includes capacities to recognize one's strengths and limitations with a well-grounded sense of confidence and purpose.

## 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 self-awareness to understand the link between emotions and thoughts.

## Essential Questions:

How can I use self-awareness to understand the link between emotions and thoughts?

## I Can:

I can use self-awareness to understand my emotions and thoughts are linked.



## Simmer Down with Boomer

Now we will listen to a Moshi Moment called 'Simmer Down with Boomer'. This is Boomer! Click on the picture to begin listening:



<https://app.moshikids.com/schools/play/1?categoryId=moments>



Boomer, the Bigmouth Squiddly Dee is a Moshling that has a habit of being extra noisy when he is sad, frustrated, or angry.

What is your behavior like when you are sad?

- Frustrated?
- Angry?

## Before You Listen

Find a comfortable spot where you can sit.

## After You Listen

In order to relax, Boomer emptied his mind. He calmed down by taking a quiet moment and closing his eyes. Then he took deep breaths and cleared his mind. When thoughts came in, he accepted them and then focused back on the sounds around him.

- Did you find it difficult to clear your mind?
- What thoughts kept coming back in?
- When you focused back on the sounds around you, what did you hear?



The background consists of several overlapping circles in various shades of blue, ranging from a deep navy blue to a bright, vibrant blue. The circles are semi-transparent, creating a layered effect. The word "moshi" is centered in the middle of the image in a white, rounded, sans-serif font.

moshi