

# Mindfulness in the Classroom

## **Topsy Turvy's Time for Calm**





### 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. This includes the capacities to delay gratification, manage stress, and feel motivation & agency to accomplish personal/collective goals.

## **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-management skills to manage stress.

## **Essential Questions:**

How can I manage my stress?

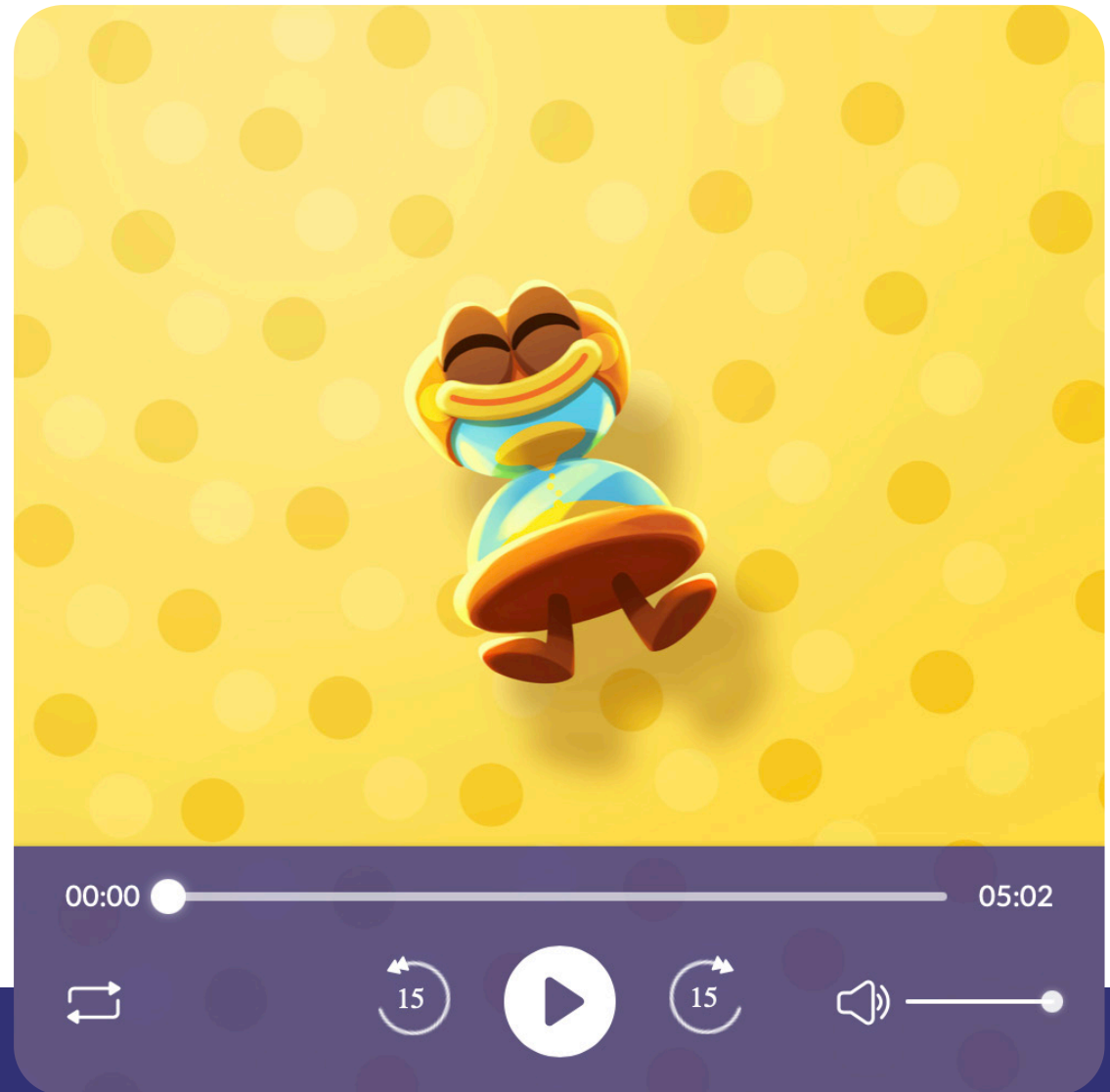
## **I Can:**

I can manage my stress.



## Topsy Turvy's Time for Calm

Now we will listen to a moment called 'Topsy Turvy's Time for Calm'. This is Topsy Turvy! Click on the picture to begin listening:



[https://app.moshikids.com/schools/play/Topsy\\_Turvys\\_Time\\_for\\_Calm?categoryId=moments](https://app.moshikids.com/schools/play/Topsy_Turvys_Time_for_Calm?categoryId=moments)



Today we will venture to Flippity Trip Farm to meet a Tardy Timer Moshling named Topsy Turvy. Sometimes Topsy Turvy feels upside down with all of his emotions and needs to take a few minutes to calm down. When this happens, he sits down, closes his eyes, and takes a few deep breaths.

- What causes you to feel stressed?
- What happens when your emotions become out of control?

### After You Listen

Topsy Turvy asked us to think of animals that started with the letter A, like alligator and aardvark, then B. With a partner, come up with animal names from A to Z. Don't worry! If you can't think of an animal with a certain letter, just make up a silly animal name.



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.

moshi