

# Mr P's Moshi For Schools Lessons: **Magical Moshlight Body Scan**







### Mr P's Moshi For Schools Lesson 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.



**Academic Standards:**

Computing: Co2/1.4 Use technology purposefully to create, organise, store, manipulate and retrieve digital content.

**Objective:**

Explore ways in which stress affects my body.

**Essential Questions:**

Do I know the impact stress can have on my body?

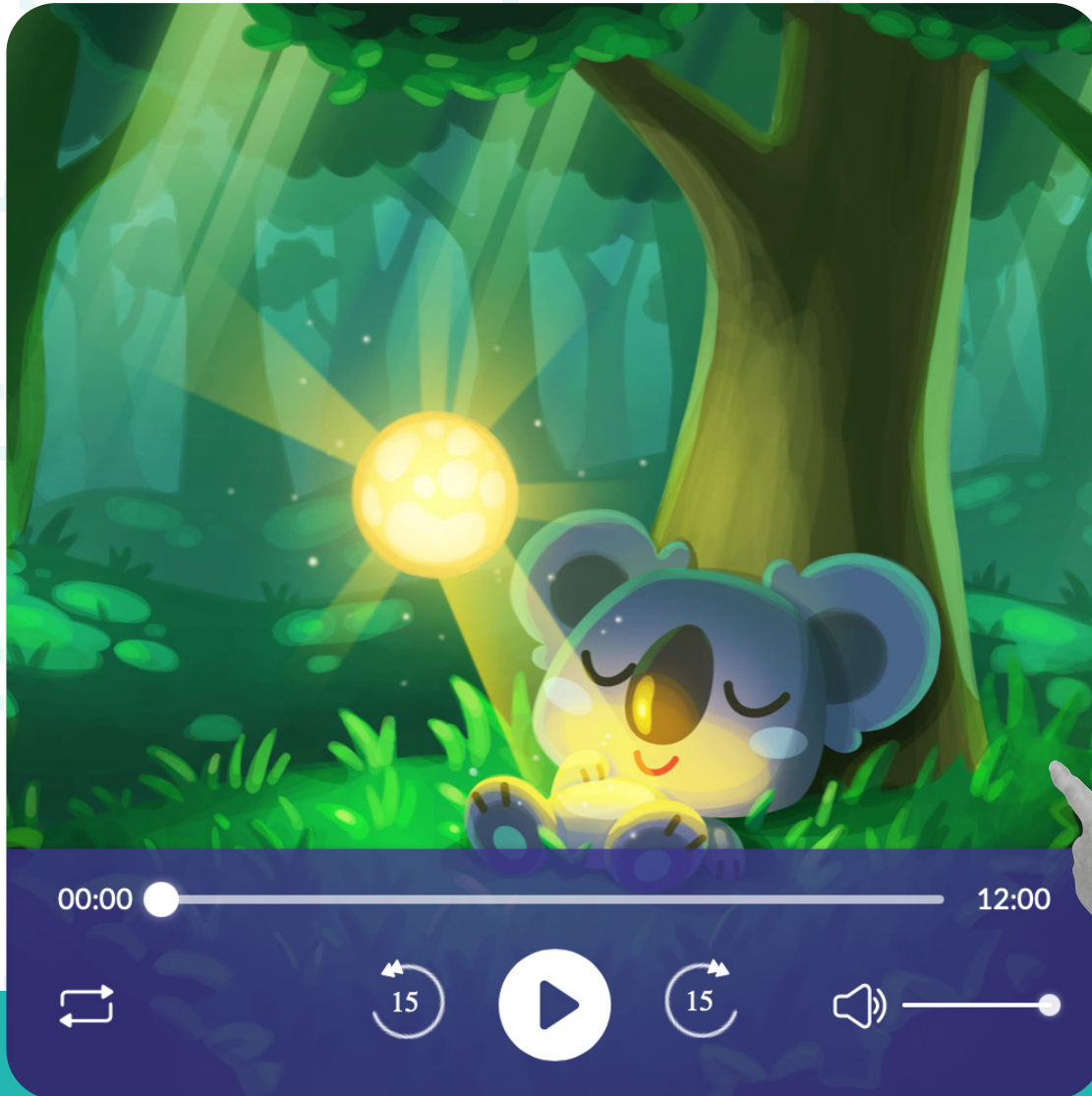
Can I explore ways to relax and overcome stress?

Can I create my own greenscreen video?

**I Can:**

I can create a greenscreen video exploring how stress affects my body.





## Magical Moshlight Body Scan

Now we will listen to a meditation called 'Magical Moshlight Body Scan'. This is SleepyPaws! Click on the picture to begin listening:



<https://app.moshikids.com/schools/play/21>



After listening to the story, Magical Moshlight Body Scan, hand out a piece of paper with a silhouette of a body on it to each student. Discuss with the class ways in which stress affects our body in different ways. Ask children to write all the ways stress might affect our bodies within the silhouette. This can be done in the style of a word cloud if you want. It might be useful to explore colours and how these can reflect our mood when we feel certain emotions.

Ask the children to take a photo of their finished silhouette.

Open the app, Doink Greenscreen and tap the + icon in the top right corner to start a new project.

On the top layer, tap the + and add the video of the children with the green card.

On the second layer, add the image of the silhouette.

The app will make the green card on the first layer invisible revealing the silhouette. If you need to adjust the size of the silhouette just pinch your fingers on the screen.

The finished video can then be saved and should show the children revealing all the ways in which stress affects them.

This can be adapted so the silhouette is full of ways in which we can overcome stress and things we can do to relax. Making a video that promotes how children can relax their bodies.





moshi