

moshi

SEL Activities for the Home



Meet some of Moshi's most beloved characters and follow along as they teach young learners about SEL skills such as optimism, self-control, and kindness.

These three activities include a conversation guide to help educators and parents talk to kids about the theme and an interactive activity. All of these Moshi tracks can be found in the Moshi app and on the Moshi YouTube Channel.



**Wurley's
Happy Morning
Meditation**

[View Track](#)



**Breathing with
Pipsi Activity**

[View Track](#)



**Kindness, Caring
and Sharing
with Dewy
Activity**

[View Track](#)

Conversation Guide

Wurley's Twirly Tiddlycopter

Play this short audio track then use the Conversation Guide with your class to reflect on SEL skills and strategies.

Conversation Guide

1. Have you ever had a hard time waking up in the morning? What did it feel like?
2. How do the Moshlings feel when they wake up?
3. What does Wurley do when he wakes up in the morning?
4. What do you do when you wake up in the morning?
5. Have you ever felt grumpy or tired in the morning?

Now, make your own Twirly Tiddlycopter you can use in the mornings to help you feel cheerful, even on days when you don't want to wake up on time.



Track

**Wurley's Happy Morning
Meditation**
(6:45)



Find Wurley’s Magic Word

Directions: Finish these sentences with words from the Word Bank then use the circled letters to find **Wurley’s Magic Word**.

1. As you listen to Wurley _ _ _ _ _ _
nearby, take a nice deep breath

2. _ _ _ _ _ _ _ _ you are a Twirly
Tiddlycopter that looks like a mini helicopter

3. Wurley has little arms and legs, and spinning rotors
on his _ _ _

4. Straighten your back like a tall _ _ _ _

5. Imagine there is a _ _ _ _ _ thread going
from the top of your head to the sun above

6. Reach up to the sky where _ _ _ _ _
is hovering above

Question: What does Wurley do every morning?

**Wurley fills himself with happy _ _ _ _ _
before take-off!**



Word Bank

- | | |
|--------|----------|
| tree | golden |
| head | hovering |
| Wurley | imagine |

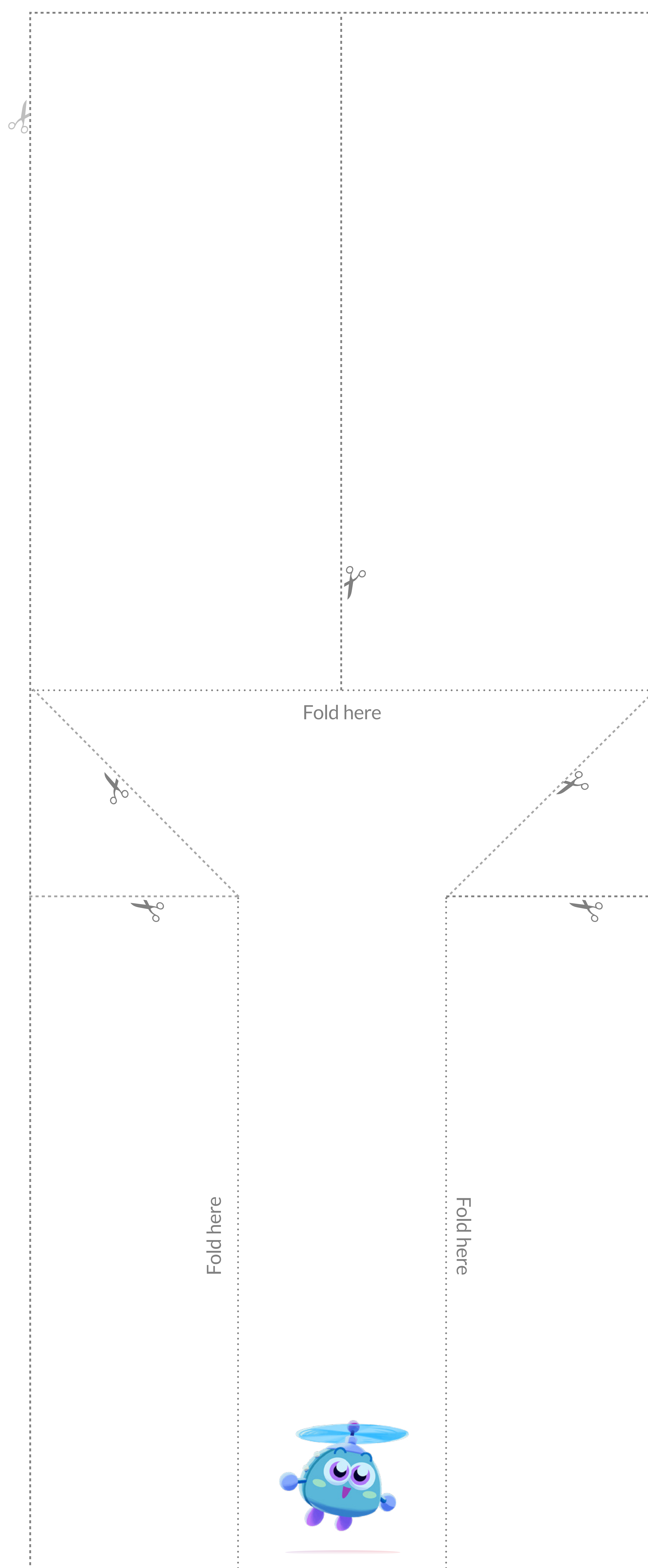
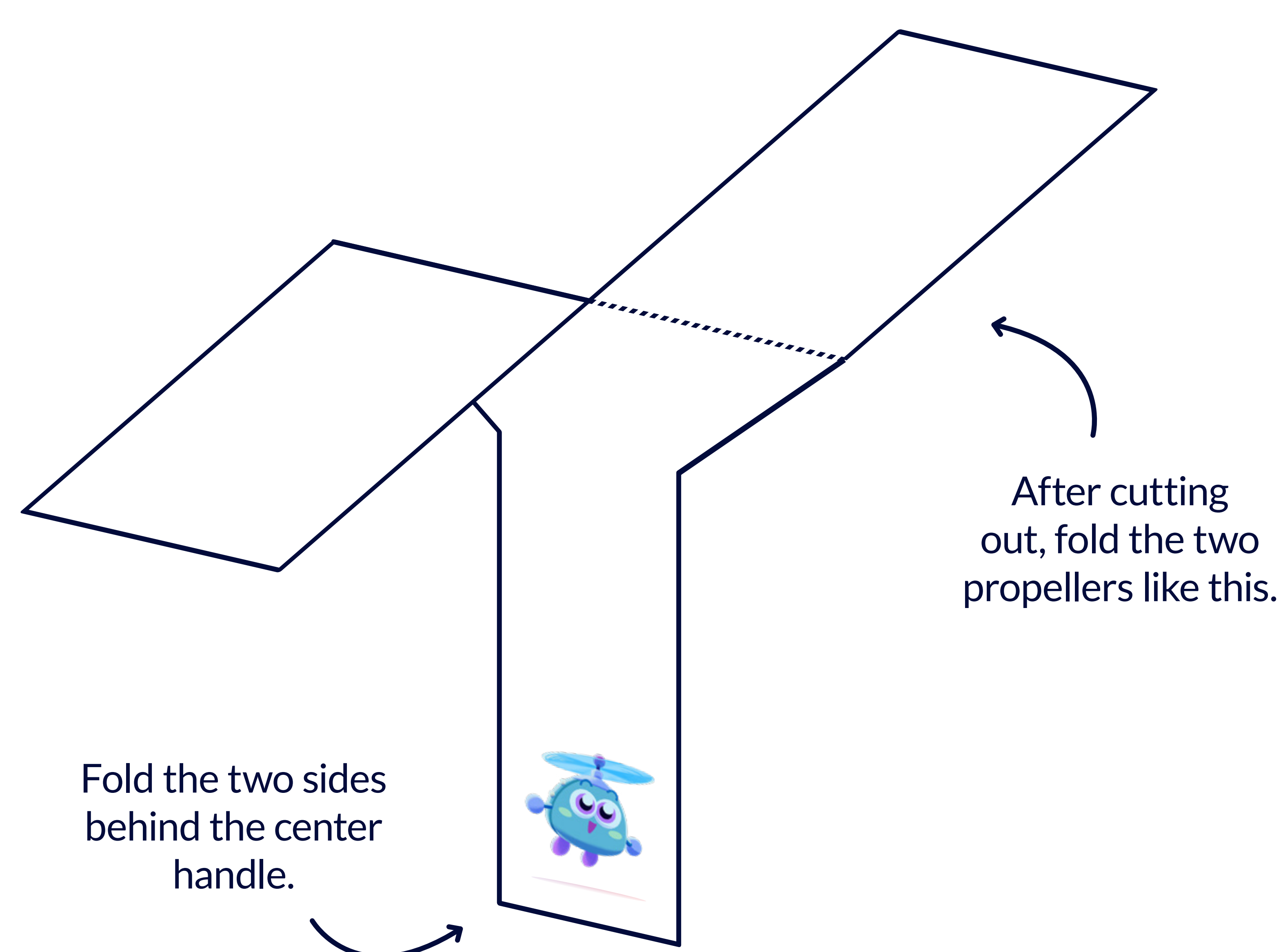
Answer
key

Magic Word: Energy
1. HOVERING 2. IMAGINE 3. HEAD 4. TREE 5. GOLDEN 6. WURLEY

Make Your Own Twirly Tiddlycopter

Cut and fold the pattern below to make your own Twirly Tiddlycopter. Hold it is high as you can, then let it go to watch the propellers twirl like Wurley's do. Imagine yourself waking up like Wurley and getting ready for your day.

You can write good morning messages on your Tiddlycopter to remind yourself to have a great day!



Conversation Guide

Breathing with Pipsi

Play this short audio track then use the Conversation Guide with your class to reflect on SEL skills and strategies.

Conversation Guide

1. Pipsi the Moshling loves to run and play games outside. What do you like to play outside?
2. After you run and play, do you breathe fast or slow?
3. When you let your heartbeat slow down, what happens to your breath?
4. When we get upset or frustrated, or do something really active, we breathe fast. When we breathe slowly like Pipsi, it calms down our bodies. Breathe along with Pipsi and make your breaths long and slow. How do you feel now?



Track

Breathing with Pipsi
(1:00)



Breathing with Pipsi

First, color and cut out the Pipsi and Gumdrops finger puppets and tape the flaps together so they fit around your finger. Then use the foldable puppet stage to perform a puppet show where Pipsi teaches her friends how to breathe deeply and relax to calm down. You can use the mini-script below, or make up your own story!

Breathing with Pipsi and Gumdrops

Pipsi: Hello, Gumdrops! How are you?

Gumdrops: Hello Pipsi. I'm upset because I lost one of my coins.

Pipsi: I'll help you find it, but first take some deep breaths to calm down.

Gumdrops: How do I do that?

Pipsi: Breathe in while I slowly count to three.

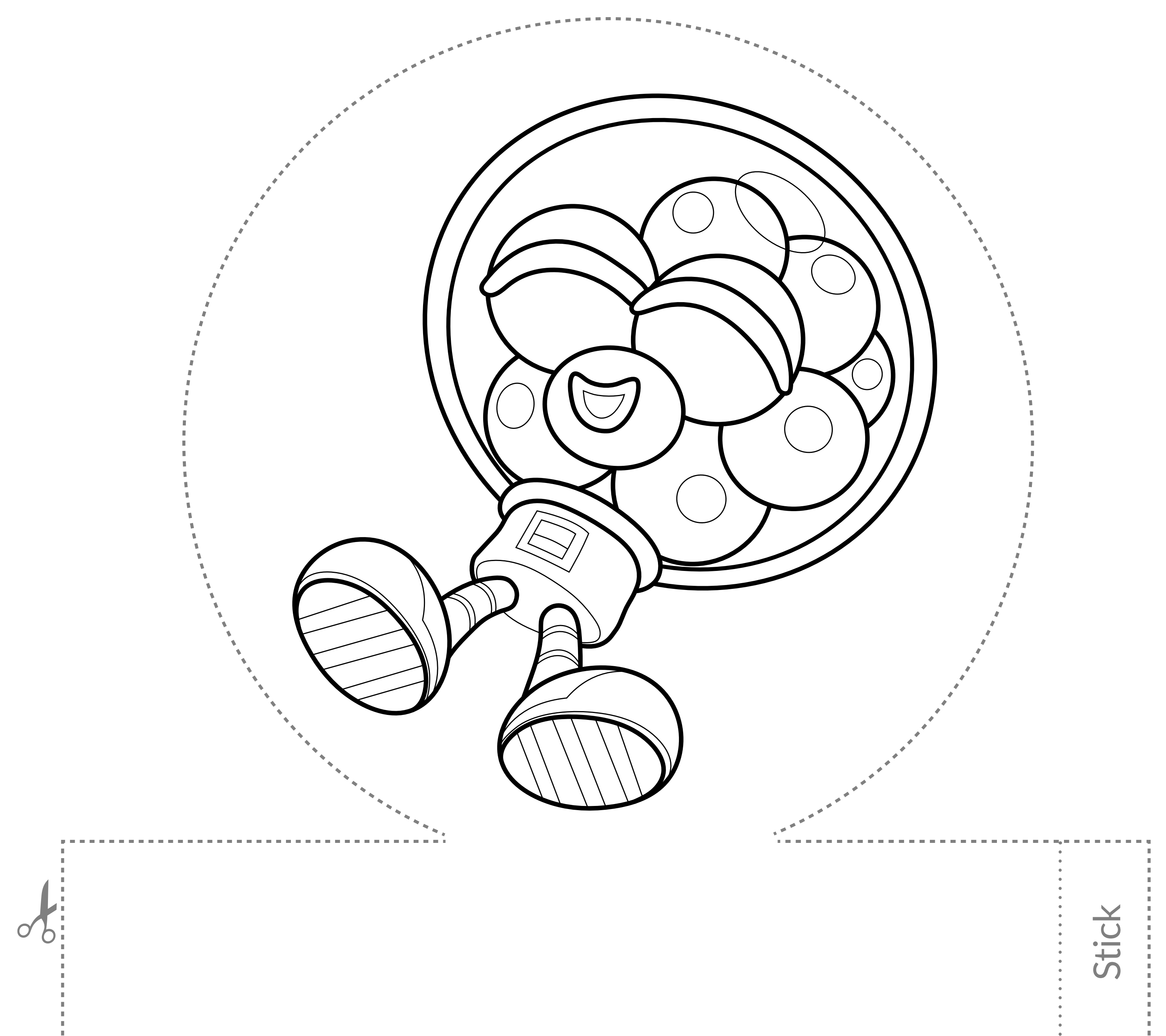
Gumdrops: Ok. I'll give it a try.

Pipsi: One...two...three. Now breathe out. One...two...three.

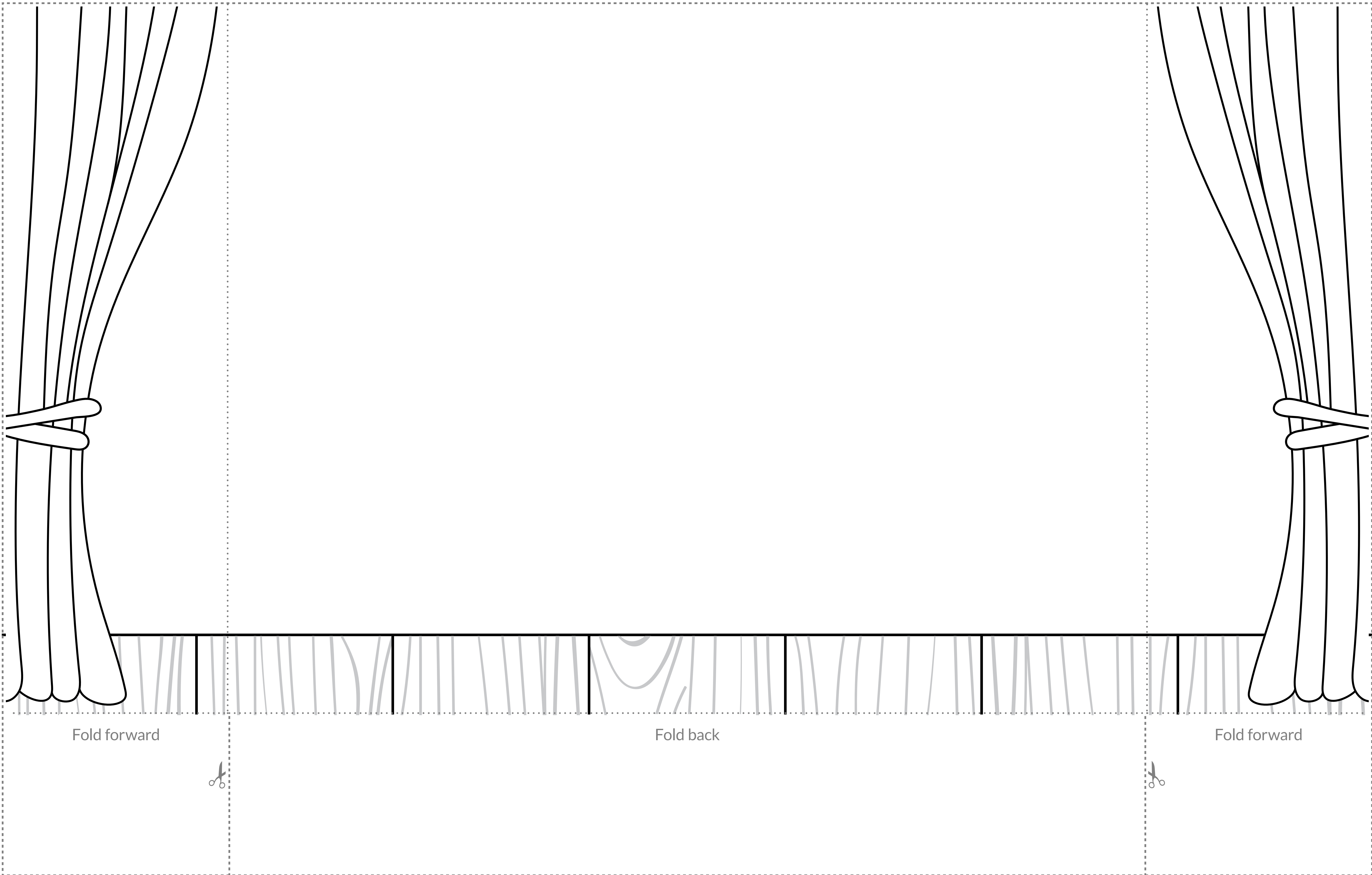
Gumdrops: Ahh. I feel relaxed and calm.

Pipsi: Now let's go look for your coin together!

Gumdrops: Thanks, Pipsi!



Finger Puppet Show



Conversation Guide

Play this short audio track then use the Conversation Guide with your class to reflect on SEL skills and strategies.

Conversation Guide

1. What does Dewy do when he wants to show kindness to others?
2. What does it mean to put yourself in someone else's shoes?
3. How do you feel when you are kind to someone?
4. What can you do if you have a disagreement with someone?
5. How could it help to imagine how someone else is feeling?
6. What can you do to mend a friendship?



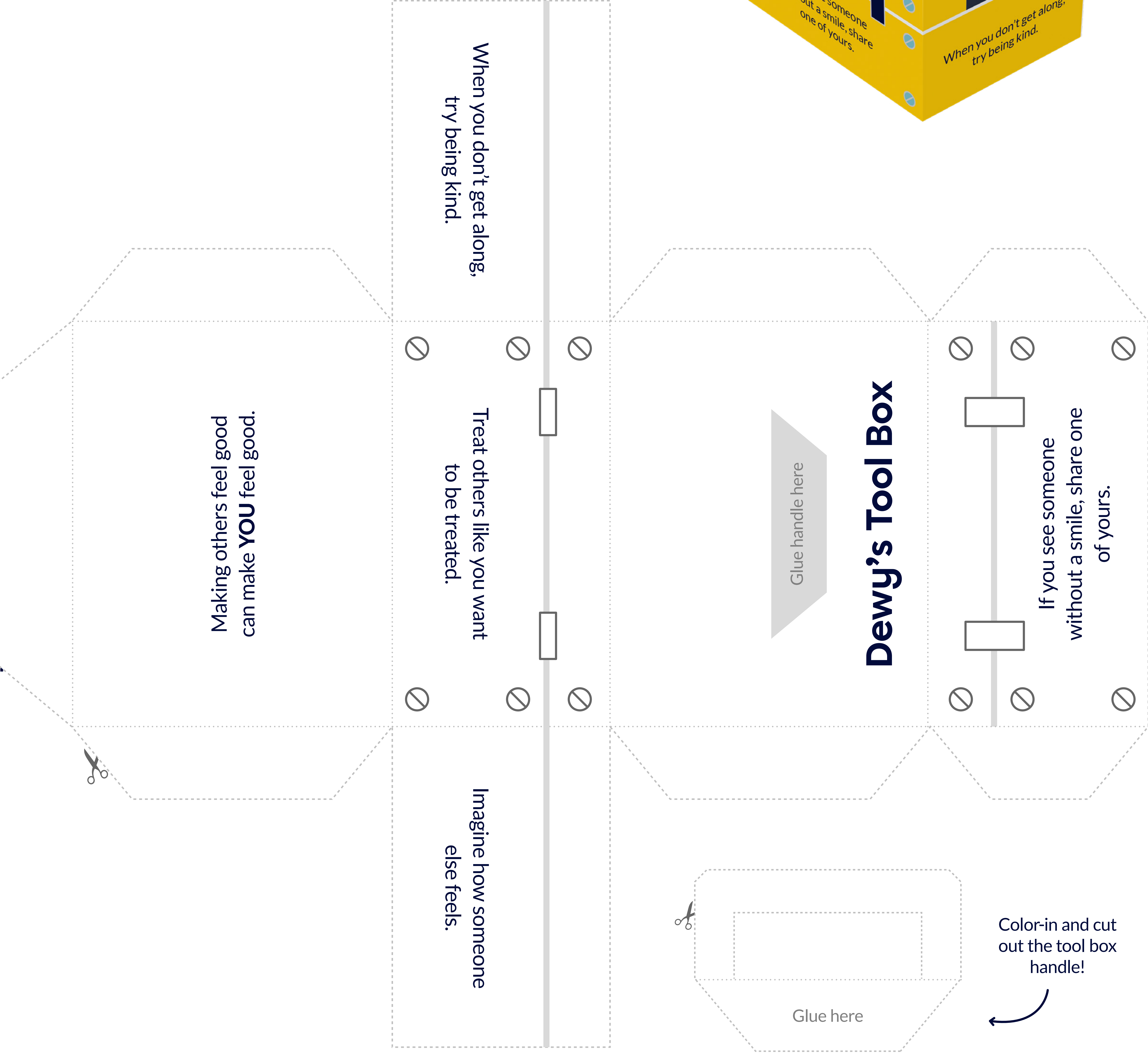
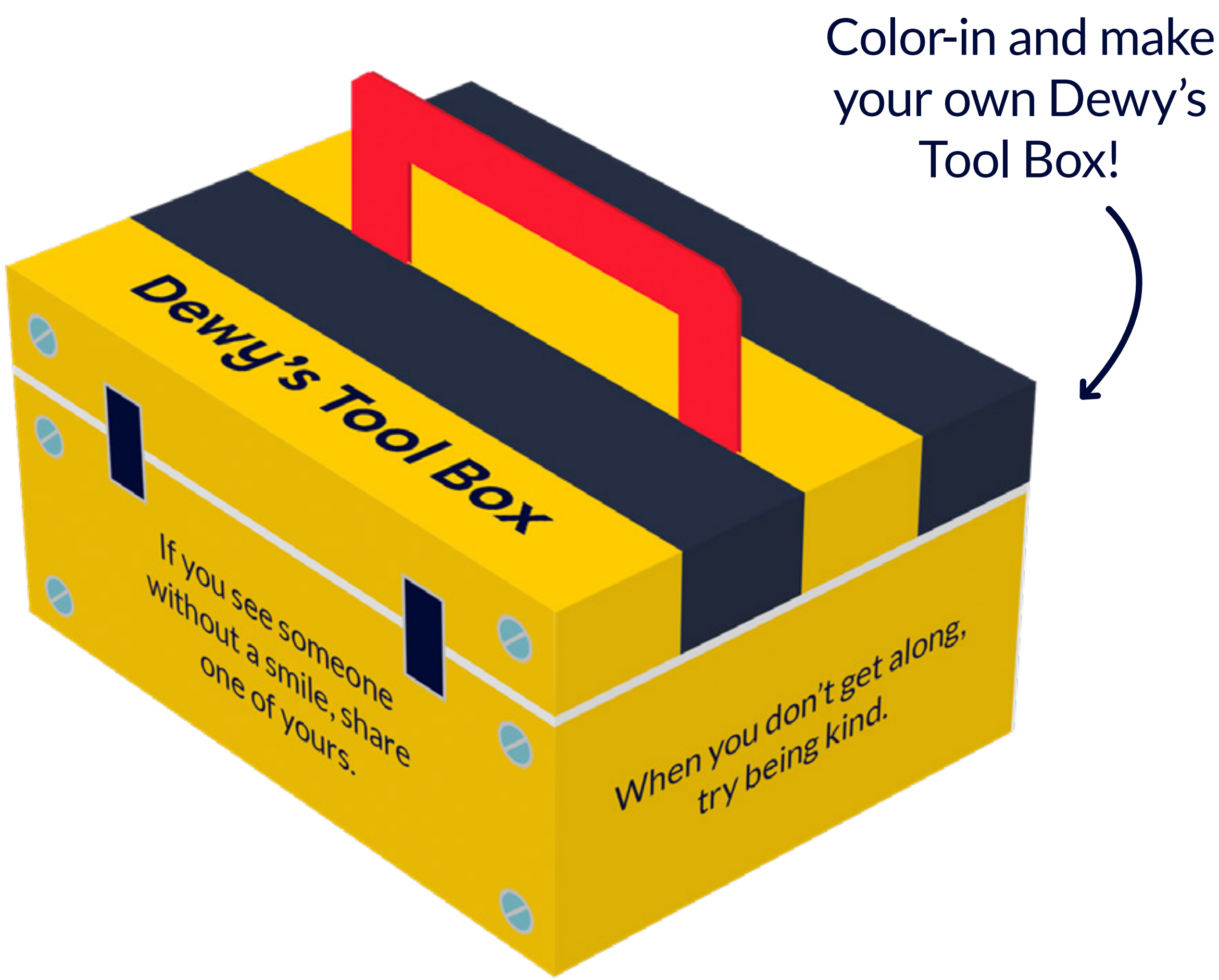
Track

**Kindness, Caring, and
Sharing with Dewy**
(5:48)



Dewy's Tool Box

At his hardware store, Dewy sells tools and parts to fix things when they break. Dewy also has tips and tricks to help mend feelings between people. When a friendship needs work, Dewy has just the thing to help in his tool box of tips and tricks.



Subscribe today



Subscribe Today

moshi