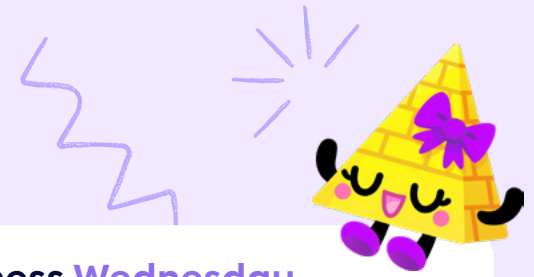


Week 1: Moshi Mindfulness for Educators



Mindful Monday

- Think about two or three moments you experienced in your classroom this past year when you felt joyful. What made these experiences “wins” in the work you do?
- Close your eyes to get a clearer mental picture of what the space looked and felt like during these moments. As you do, try **Moshi Pyramid Breathing**: inhale slowly and deeply through your nose on a four count. Hold your breath for four seconds. Exhale and release your breath out of your mouth on a four count.
- Write down a few words that came to mind for you during this exercise.

Take a few minutes for yourself and listen to this Moshi track. Imagine the benefit it could have in your classroom.

Tune In Tuesday

- In connection to yesterday’s reflection about joyful moments, think about a song or a sound that connects to them. It might be lyrics that stem from the words you used when describing these moments or it could just be an everyday sound that draws you in.
- How does this sound drive connection between the two or three moments?
- How does listening to this sound empower you, as if creating an anthem/soundtrack of your joy?

Take a few minutes for yourself and listen to this Moshi playlist. Imagine the benefit it could have in your classroom.

Wellness Wednesday

- How does this soundtrack of joy and reflection feel in your body?
- How can it move you as you think about caring for yourself? Find opportunities to listen to this soundtrack, such as during your morning routine, while driving or running errands, or as you are doing deep breathing when you drift off to sleep.

Thoughtful Thursday

- Think more about the physical space where these moments occurred. Where in the classroom do these memories live?
- What sensations flood your mind and body when you think about the flow of the day and the colors, shapes, and physical environment of your classroom?
- How does your classroom hold space for joy and difficult emotions?

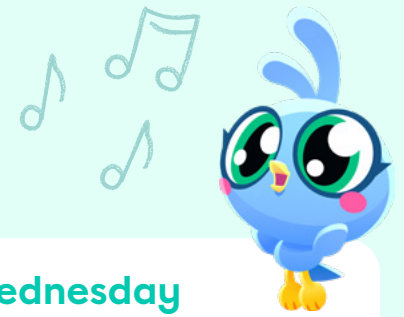
Feel Good Friday: Classroom Floor Plan

- What “feel good” feelings do you want to expand on this year and envision within your classroom environment?
- How do you imagine yourself mindfully moving about the physical space in pursuit of “wins”?
- Sketch out a classroom floor plan with these feelings in mind. Include areas of activity and areas of stillness.

Wind Down Weekend

- When do you create space and opportunity for yourself for new ideas and perspectives?
- What feelings came up for you this week that prompted you to pause and observe?

Week 2: Moshi Mindfulness for Educators



Mindful Monday

- Reflect on the flow of your day.
- What time of day did you usually have the most time to pause and check in with your mood and workload?
- What types of transitions brought about the most stress for you and/or your students?
- Think about strategies to try to ease the stress during transitions. One idea is to bring mindfulness to the forefront to help you and your students remain calm and focused.

Take a few minutes for yourself and listen to this Moshi track. Imagine the benefit it could have in your classroom.

Tune In Tuesday

- What types of anchor charts and supports can you implement during these transitions? How can they remind you and your students to be mindful of energy levels?
- What does a pause look like for you as a teacher? Perhaps it's sipping your coffee, giving out a job to a student rather than doing it yourself, or turning off or dimming a light.
- What does a pause look like for your students at the developmentally appropriate level?

Take a few minutes for yourself and listen to this Moshi track. Imagine the benefit it could have in your classroom.

Wellness Wednesday

- How do you feel nurtured and nourished?
- You might find a book, recipe, photo album, body stretch, song, or television program that helps you remember things in the past that made you feel nurtured and nourished.
- Make a list of these things and label it your "simple pleasure" list. Think about small things that make you feel good, with a range of items that take from under a minute to up to an hour to complete. Know that you can add and remove items as they serve you.
- Choose one of the things on the list to explore.

Take a few minutes for yourself and listen to this Moshi track. Imagine the benefit it could have in your classroom.

Thoughtful Thursday

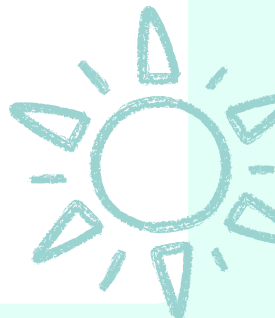
- Throughout your day, reflect on your simple pleasure list. Designate one or two people to talk to about what taking a break looks like in school and at home. Talk with them about how you feel nurtured and what you chose from your list to explore.

Feel Good Friday: Budget "Me" Time

- Just like you would budget your money, take a moment before the weekend to budget your time. Choose one nurturing task from your list to focus on and outline what that time will look like.

Wind Down Weekend

- What do you need from the weekend in order to start the new week fresh? What does rest look like for you lately?



Week 3: Moshi Mindfulness for Educators



Mindful Monday

- What emotions are coming up for you as you prepare for the upcoming school year?
- Without labelling them as “good” or “bad,” notice your thoughts.
- Do a body scan and try to pinpoint any tension in your physical body when you think of September.

Take a few minutes for yourself and listen to this Moshi track. Imagine the benefit it could have in your classroom.

Tune In Tuesday

- What areas stood out for you when you did your body scan?
- What are three things you can do today to ease tension in these areas?

Wellness Wednesday

- What is one healthy habit you practice that helps you celebrate your body during the school year?
- What is one habit you’d like to introduce?



Thoughtful Thursday

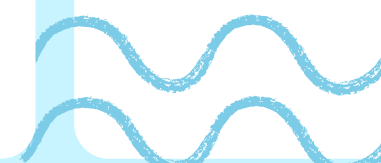
- How can you encourage your students to practice a healthy habit together?
- Brainstorm ways to mindfully incorporate this into your daily schedule.
- Where in the classroom is there space for students to relax their bodies?

Feel Good Friday

- Be here now! As you are planning for the upcoming school year, take time to be present in your summer break. How will you spend the day?

Weekend Waves

- Using whatever writing materials you have on hand, draw the rhythm of your breath and note the waves it creates.
- Look at this paper as a reminder to slow your breath and to notice its changes.



Week 4: Moshi Mindfulness for Educators



Mindful Monday

- Reflect on the most meaningful moments of your summer.
- What do you need in order to say goodbye to summer with greater ease?

Take a few minutes for yourself and listen to this Moshi track. Imagine the benefit it could have in your classroom.

Tune In Tuesday

- Tune into the celebration of your summer routine. How did your routine make you feel?
- How can you channel the joy of summer into your autumn routine?

Wellness Wednesday

- Create a laughter chain. Ask a loved one to exchange things that will make you each laugh. They can be sent via phone, email, or text. Spend some time decompressing with humor and see if you can keep the chain going back and forth.

Take a few minutes for yourself and listen to this Moshi track. Imagine the benefit it could have in your classroom.

Thoughtful Thursday

- How did laughter feel in your body?
- How did laughter change your mood? Your mindset?
- What type of humor fills you up the most?

Feel Good Friday

- Write a love note to yourself that you can open on the first day of school to remind you of your strength, your resilience, and your social-emotional toolkit. It can be something like a short encouraging note, a one-word affirmation, or a smiley face drawing.

Wind Down Weekend

- Review the calendar above and, if desired, choose several ideas to repeat.

Take a few minutes for yourself and listen to this Moshi playlist. Imagine the benefit it could have in your classroom.