



7 Days of Moshi Mindfulness



Welcome to 7 Days of Moshi Mindfulness.

This short, step-by-step program is here to help kids become healthier and happier by showing them how to take more notice of the way they feel. Each of the seven days walks kids through a process of understanding, recognizing, and managing emotions.

Kids learn the foundations of SEL and mindfulness, including self-awareness, self-management, and social awareness. This learning process is important as it sets the tone for healthy daily habits and the generalization of strategies in and beyond the classroom.

SEL Competencies & Objectives

Self-Management - Use techniques such as meditation, deep breathing, positive self-talk, and visualization to focus attention, regulate emotions, and ease away stress.

Self-Awareness - Recognize emotions—including stress and anxiety, happiness and joy, and anger and sadness—and learn how to identify them and apply them to situations.

Social Awareness - Maintain a positive outlook, show concern for the feelings of others, and develop positive relationships. Reflect on one's role in actively promoting personal, family, and community well-being.

Responsible Decision-Making - Make decisions about personal behavior and interactions with peers that are safe, respectful, and in alignment with the classroom norms.

Relationship Skills - Establish and maintain caring relationships with others by sharing, being kind, and showing empathy and compassion for others' feelings. Seek and offer support and help when needed.





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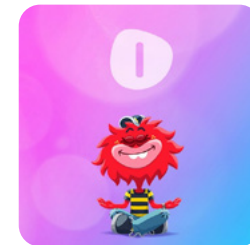
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Day One of Moshi Mindfulness: Getting Started



1 Before You Listen

We are going to learn about mindfulness, which helps us get to know our minds and bodies better. This will help us remain calm, make good decisions, and have positive friendships.



2 After You Listen

Let's talk about how you were mindful today.

Relax your body.

Breathe in and out slowly.

Breathe in like you're smelling a flower.

Breathe out like you're blowing out a candle.

Feel your breath going into your body...and out of your body.

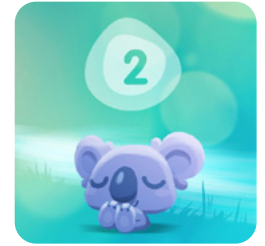
Imagine a stream and let it drift past.

Taking a moment each day takes practice, but it gets easier the more you do it!

You have taken your first step towards achieving what the Moshlings like to call Inner Smileyness!

Come back tomorrow for Day Two of Moshi Mindfulness!

Day Two of Moshi Mindfulness: Streams of Thought



1 Before You Listen

Stretch any part of your body you need to, then get comfortable. Focus on your breathing. Take a slow, deep breath, and let's begin!



2 After You Listen

How did you feel after listening?

What sounds did you focus on?

What did you think about?

How did your body feel after breathing deeply?

Did you have thoughts that you let pass by?

Day Three of Moshi Mindfulness: Inner Smileyness



1 Before You Listen

Today we will work on calming our minds and focusing on the here and now. Moshlings think of this time as a relaxing holiday. We will work on finding inner peace, or what the Moshlings call “Inner Smileyness.”

What have we learned about mindfulness?

We breathe deeply.

We let our thoughts float away like a bubble floating on a stream. We feel our bodies relaxing as we breathe slowly.

We can do it each day to find a peaceful feeling.

That is what we will work on today with the Moshlings – finding Inner Smileyness!

Get Ready to Listen

Wiggle then stretch. Sit up straight and take quiet deep breaths.



2 After You Listen

What does your Inner Smileyness feel like?

Draw a picture or write about it now.

When do you think you will need to remember your inner peace?

When would it be helpful to calm yourself down?

How do you feel now that you have practiced more mindfulness?

Day Four of Moshi Mindfulness: Picturing Peace



1 Before You Listen

Today we will talk about our imaginations. Imagination is when our mind creates pictures and ideas. Let's practice using our imagination to picture some things we like.

Imagine something you like to do, like playing a game. Picture yourself doing that now. Imagine someone you like to spend time with. Picture that in your mind.

Imagine something delicious you like to eat. Picture yourself eating and enjoying it now.

You will have a chance to use your imagination to picture a wonderful place where you can find your Inner Smileyness today.



2 After You Listen

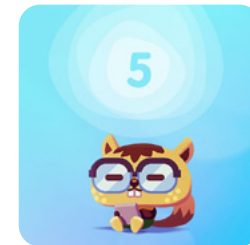
Today we pictured a snowy mountain, a meadow, or another beautiful place.

What place did you imagine?

Did you feel your Inner Smileyness? What did it feel like?

You used your imagination to picture a wonderful place where you found your Inner Smileyness today.

Day Five of Moshi Mindfulness: Thinking and Thanking



1 Before You Listen

Identifying Emotions. What is gratitude?

Gratitude is being grateful or thankful for someone or something.

When we feel grateful we say, “Thank You”.

Let’s practice saying thank you to someone for something they did, or some way they helped you. What and who makes you feel grateful? Write or draw about it now. How do you feel when you are thankful for others? What could you do to help someone today?

Get Ready to Listen

Now that you’ve learned about gratitude, let’s get comfortable and get ready to use our mindful skills! We’re going to stretch, then relax our bodies. Then we’ll use our breathing skills. We’ll use our imagination to think about wonderful world of Moshi where the Moshlings play, and today we will add something new and think about who makes us feel grateful. Let’s listen now.



2 After You Listen

How do you feel now?

What did you think about?

Write or draw about it now.

Day Six of Moshi Mindfulness: Calming Counting



1 Before You Listen

Moshi Mindfulness takes practice. It can be hard to focus on what is happening. Let your thoughts pass by like a little boat on a stream. We will work on deep breathing. First breathe in through your nose. Now out through your mouth. Practice this a few times. In through your nose, out through your mouth. Remember how the Moshlings breathe in like they are smelling a flower, and out like they are blowing out a candle on a birthday cake, or like blowing the seeds of a dandelion, or the feather of a bird.

We will work on focusing today by counting. You know how to count. Today we will count our breaths. One breath means breathing in and then out. That is one breath. You can count fast, but today we will count slowly. Let's practice counting our slow, deep breaths. If you lose count, just start back at one.



2 After You Listen

After you have breathed slowly and counted your breaths with today's Moshi meditation, how do you feel?

What did it feel like to breathe deeply and slowly? How many breaths did you count?

If your friend was upset or worried, could breathing and counting help them? When could breathing and counting help you to calm down?

Day Seven of Moshi Mindfulness: Putting It All Together



1 Before You Listen

Today we will put our mindful skills together. We have learned how to be mindful! We have learned:

How to breathe deeply, slowly, and quietly

How to send our thoughts down the stream

How to find our Inner Smileyness!

How to picture a peaceful place.

How to count our breaths.

How to relax our bodies.

How to practice being still.

How to be grateful and thankful.

How to be mindful like the Moshlings!

Let's put it all together and enjoy meditating, Moshi-style!

Get Ready to Listen

Stretch your body in your own space. Stretch high, stretch low, wiggle your hands and toes. Think about how you feel now. Your mind may be active and your body may have lots of energy. Let's get comfy and get ready to relax.



2 After You Listen

How do you feel after being mindful today? What does your body feel like?

What places and people did you picture in your imagination today?

Write or draw your thoughts now.

What do you like about being mindful?

Tell a friend about being mindful.

Tell someone why you are grateful for them.

Give yourself a high five or a hug. You are being mindful. You can practice mindfulness a little each day!

Home Connection:

7 Days of Moshi Mindfulness

1 Read about the work our class is doing.



Read Article

Our class completed a short, step-by-step program that helps kids become healthier and happier by showing them how to take more notice of the way they feel. Each of the seven days walks kids through a process of understanding, recognizing, and managing emotions. Kids learn the foundations of social and emotional learning and mindfulness, including self-awareness, self-management, and social awareness. This learning process is important as it sets the tone for healthy daily habits and positive relationships.

2 Questions to ask your child

How do you feel?

What can you do to calm down?

Where in our home feels the most calm?

What is mindfulness?

What are the steps of mindfulness?

When should you use mindfulness?

How can you use mindfulness every day?

What are the benefits of mindfulness?

What can you do to understand your emotions?

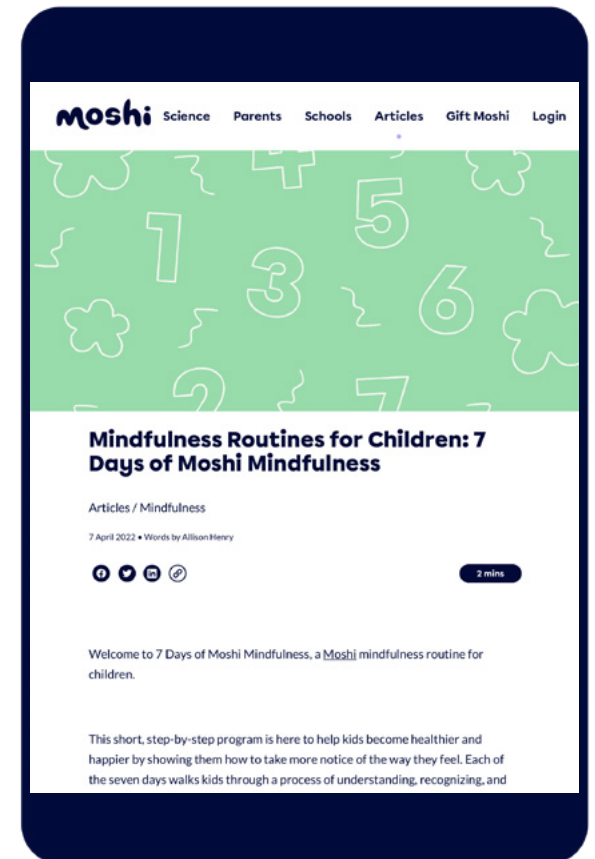
How can you use mindfulness to manage your emotions?

How can you use your imagination to help you relax?

What is gratitude?

What and who makes you feel grateful?

How can mindfulness help you build positive friendships?



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