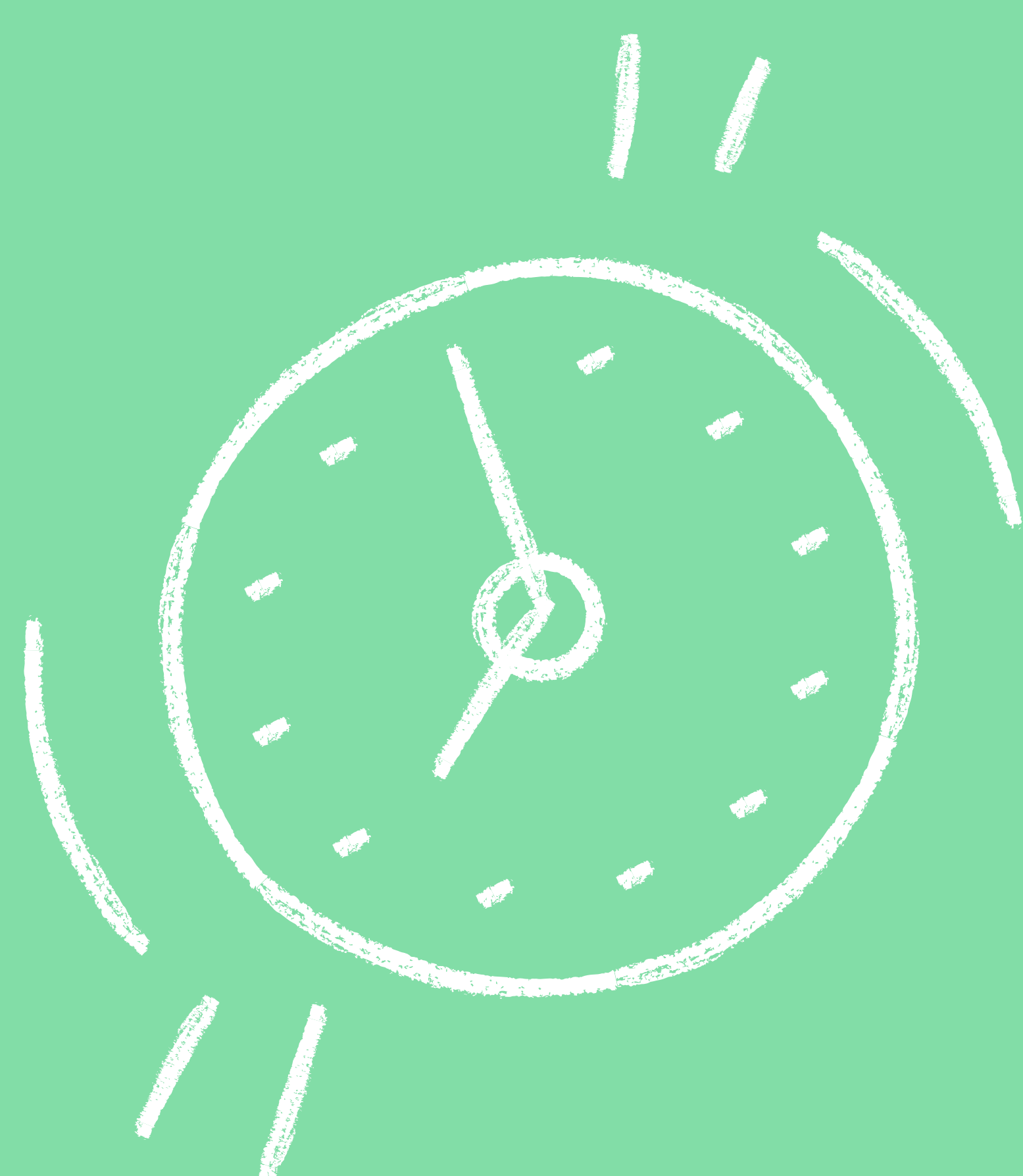




Meet the Moshlings

How Moshi characters teach kids social & emotional skills.





Self-Awareness

03

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



Self-Management

04

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



Social Awareness

05

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

06

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



Relationship Skills

07

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.



Discover more about these skills here.

Read why they're important here.

[Read Article](#)

[Read Article](#)

ShiShi the Snuggly Panda



How ShiShi teaches kids Self-Awareness

ShiShi is a cute, snuggly Moshling Panda! Gogglebox Gulch is her home and she loves relaxing and drifting off into a world of whimsical dreams. When she isn't dreaming, ShiShi enjoys scoffing wamwoo shoots, blowing bubbles, and tending to her beautiful flower garden.

The Self-Awareness Skills Kids Learn from ShiShi:

- How to manage feelings of anxiety
- Self-regulation and coping skills

A Day with ShiShi

Morning: Start the day with a Moshi Moment

▶ ShiShi & Mr Snoodle's Anxiety Hacks

▶ 5 Minutes to Happiness with ShiShi

Mid-Day Reset: Meditation

▶ Tapping Worries Away with ShiShi

▶ Growing a Flower Garden with ShiShi

▶ ShiShi's Soothing Anxiety Shrinker

Bedtime: Story

▶ ShiShi and the Tree of Slumber

Learn more about
ShiShi here.

Read Article

Make your own Five
Minute Plan to Feel Happy
with the word bank and
spot-the-differences
coloring page.

Download

Professor Feathersnooze

How Professor Feathersnooze teaches kids Self-Management



Professor Feathersnooze is known as the Owl of Nod and likes quiet, calm feelings. He has a Moshiversity degree in twilight twit-twoo-ing and knows all there is to know about sleeping, snoozing and snuggling.

The Key Self-Management Skills Kids Learn from Professor Feathersnooze:

- Managing one's emotions, thoughts, and behaviors
- Identifying and using stress management strategies

A Day with Professor Feathersnooze

Morning: Start the day with a Moshi Moment

▶ Be Kind To Your Mind with Professor Feathersnooze

Naptime: Lullaby

▶ Little Feathersnooze

Bedtime: Story

▶ The Twilight Twit-Twoos of Professor Feathersnooze

▶ Searching For Sleepies, Part 3

Read more about Professor Feathersnooze here.

[Read Article](#)

This lesson plan helps kids to finetune their Self-Management skills.

[Download](#)



Mr Snoodle the Silly Snuffler

How Mr Snoodle teaches kids Social-Awareness



Mr Snoodle is a brave little Silly Snuffler who loves dancing the Doodle. When he isn't snuffling around on Franzipan Farm or playing ice cream truck melodies with his snout, this adorable Moshling enjoys helping his friends to always try their best.

The Key Social Awareness Skills Kids Learn from Mr Snoodle:

- Demonstrating empathy and compassion for people who are different
- Recognizing strengths in others

A Day with Mr Snoodle

Morning: Start the day with a Mediation

▶ **Mr Snoodle's Moshi Moodlifter**

Mid-Day Reset: Breathing

▶ **Breathing with Mr Snoodle**

Naptime: Story

▶ **Mr Snoodle's Twilight Train**

Bedtime: Story

▶ **Mr and Mrs Snoodle's Doodle Date**

Learn more about Mr Snoodle here.

Read Article

Guide ShiShi to Mr Snoodle's anxiety tricks so she can find her way to feeling calm in this quick activity.

Download

Darwin the Dithering Dodo

How Darwin teaches kids Responsible Decision-Making



Darwin is a seriously cute and sometimes wishy-washy Dodo. It's hardly surprising Dithering Dodo Moshlings like Darwin are so rare because they can't decide if they are coming or going. Darwin's indecisiveness has gotten them in a pickle from time to time, so they've come up with different ways to help them make better (and smarter) decisions.

The Key Responsible Decision-Making Skills Kids Learn from Darwin:

- How to make choices and consider the consequences
- How to solve problems

A Day with Darwin

Morning: Start the day with a Moshi Moment

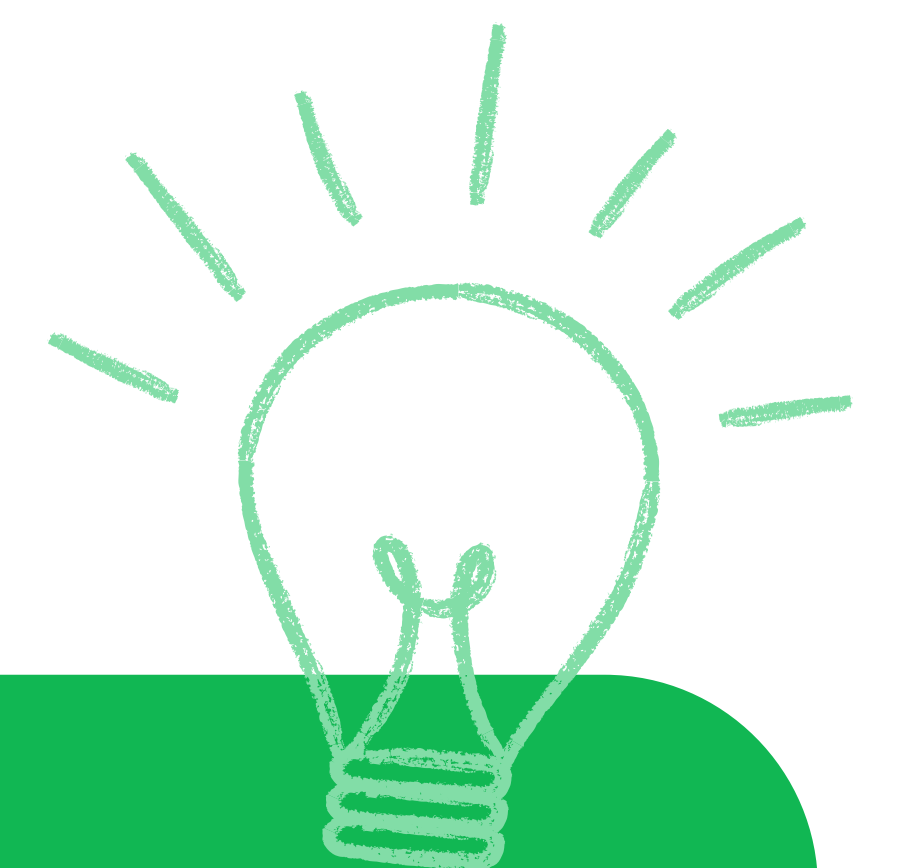
▶ Decisions, Decisions with Darwin

Naptime: Moshi Music

▶ Darwin's Dodo Concerto

Bedtime: Story

▶ Darwin the Dithering Dodo



Read more about Darwin here.

Read Article

Help Darwin through the maze in this fun activity.

Download



Cali the Moonlit Mermaid

How Cali teaches kids Relationships



Cali the Moonlit Mermaid lives in an underwater kingdom, though sometimes she surfaces to watch the comings and goings at various rock pools where she encounters Moshlings of all shapes, sizes, and backgrounds.

The Key Relationship Skills Kids Learn from Cali:

- To treat others with respect and kindness even if they are different from you
- How to stand up for others when they're being treated unfairly

A Day with Cali the Moonlit Mermaid

Morning: Start the day with a Moshi Moment

▶ Cali's Rockpool of Inclusivity

Naptime: Music or Story

▶ Sweet Little Lullabies

▶ Cali the Moonlit Mermaid

Afternoon: Music and Breathing

▶ Cali's Love Concerto

▶ Breathing with Cali

Bedtime: Story

▶ Cali & Ping's Paddleboarding Party

Learn more about Cali here.

Read Article

Help Cali the Mermaid draw a picture of all her new Bubblefish friends.

Download

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