



Moshi Mindfulness

Teach SEL and mindfulness
strategies all day, every day



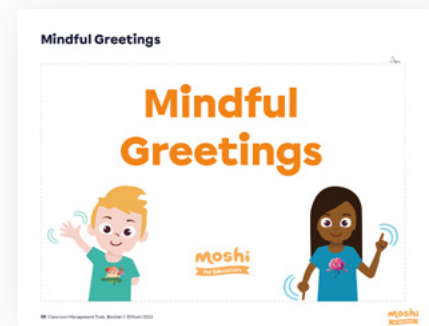
Table of Contents



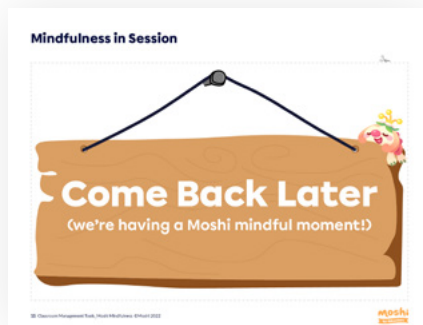
**Moshi Mindfulness
Anchor Chart**
Page 03



**Moshi Mindfulness Visual
Reminders***
Page 06



Mindful Greetings
Page 07



Mindfulness in Session
Page 10



Daily Breathing with Moshi
Page 11



Daily Emotions Tracker
Page 19

*Cut out, attach to popsicle sticks, and use as reminders of mindfulness strategies.

Moshi Mindfulness



1

Take deep breaths
(in for 4, hold for 4, out for 4)



2

Wiggle and stretch the parts of your body that feel tense



3

Imagine a place where you feel happy and safe



4

Tell yourself positive things about you



5

Plant your feet firmly on the ground and imagine filling with positive energy

Moshi Mindfulness



**Take deep breaths
(in for 4, hold for 4, out for 4)**



**Wiggle and stretch the parts
of your body that feel tense**



3



Imagine a place where you feel happy and safe

4



Tell yourself positive things about you

5



Plant your feet firmly on the ground and imagine filling with positive energy

Moshi Mindfulness Visual Reminders

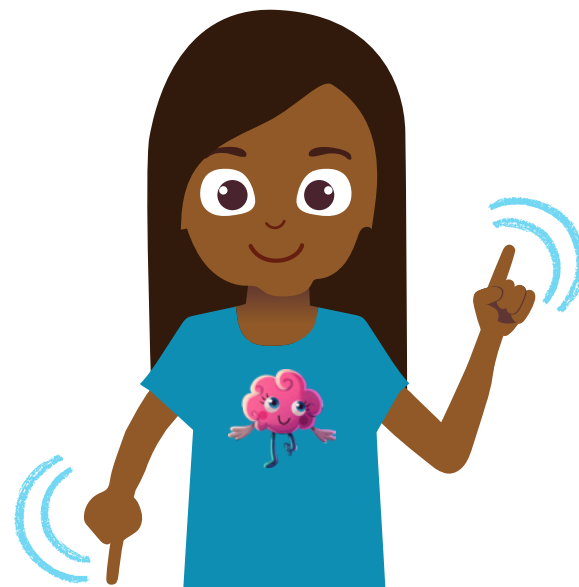


Mindful Greetings

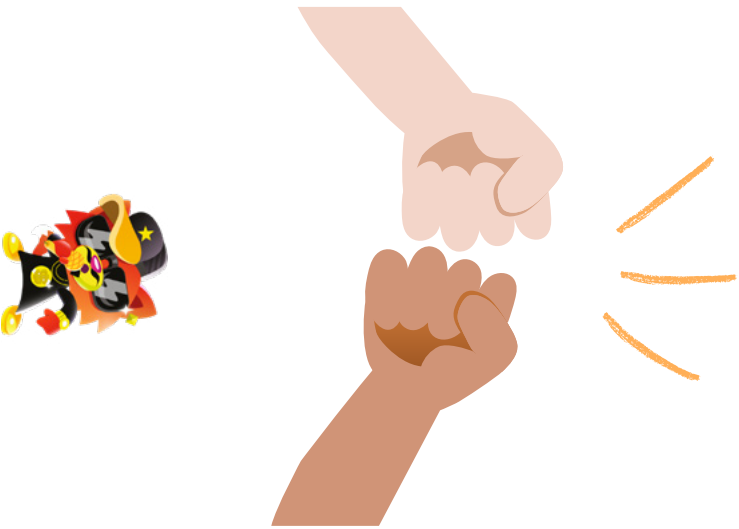
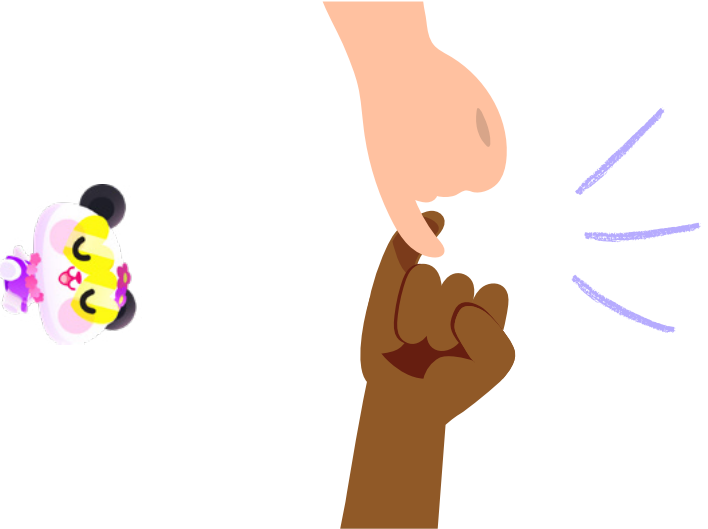

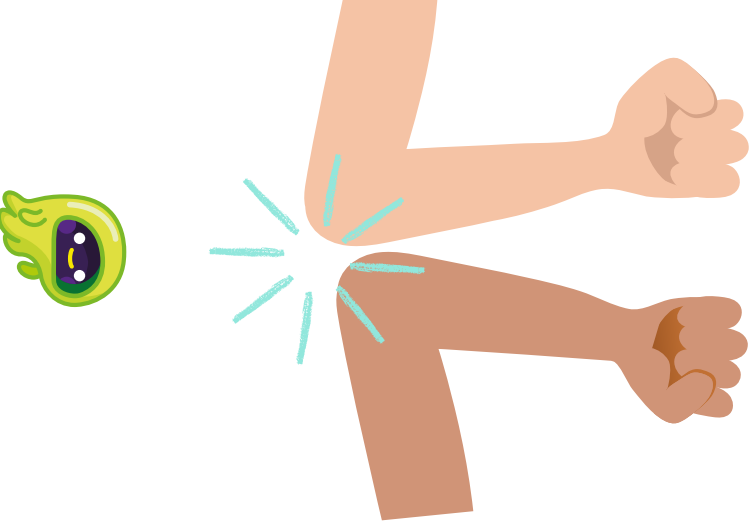
Mindful Greetings



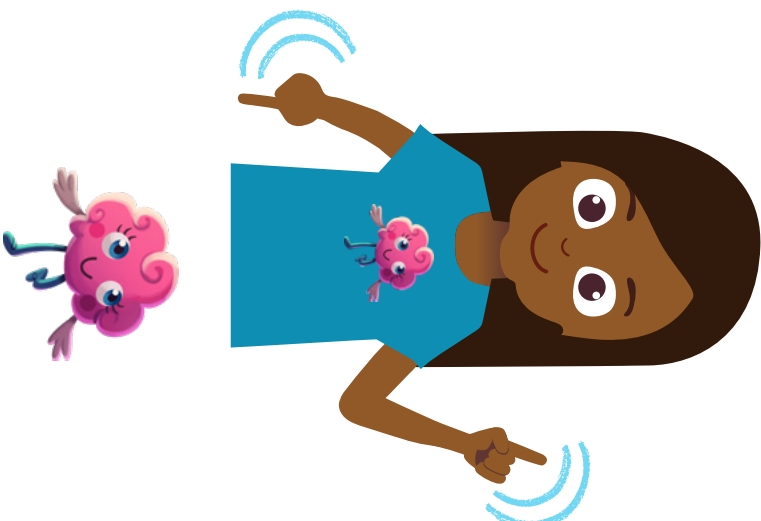


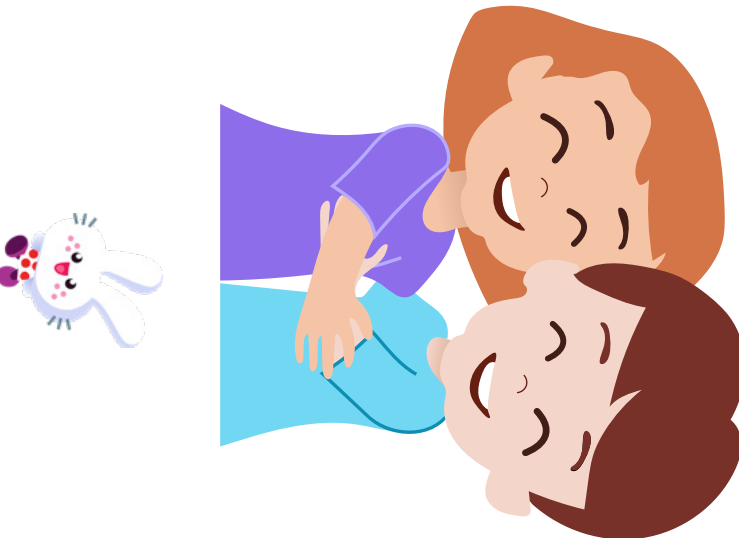
moshi
for Educators



Mindful Greetings

<p>Blingo Bump</p> 	<p>Ping's Pinky</p> 
<p>Hammy's High Five</p> 	<p>Ecto's Elbow Bump</p> 

Mindful Greetings

 <p>Dipsy's Dance</p>	 <p>Wuzzle's Wave</p>
 <p>Nodkin's Nod</p>	 <p>Honey's Hug</p>

Mindfulness in Session



Daily Breathing with Moshi

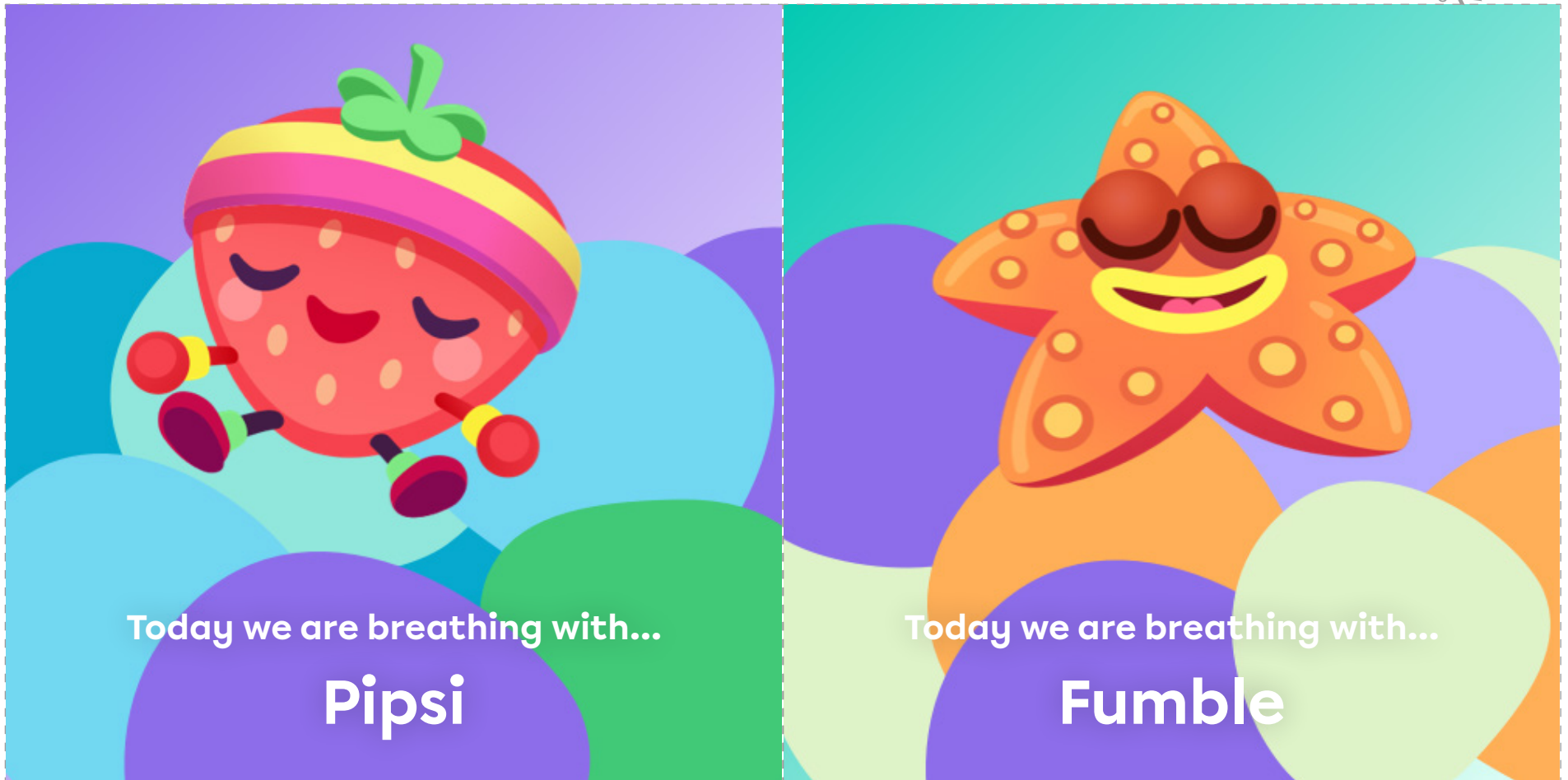


Daily Breathing with Moshi



Place Daily Breathing Card Here

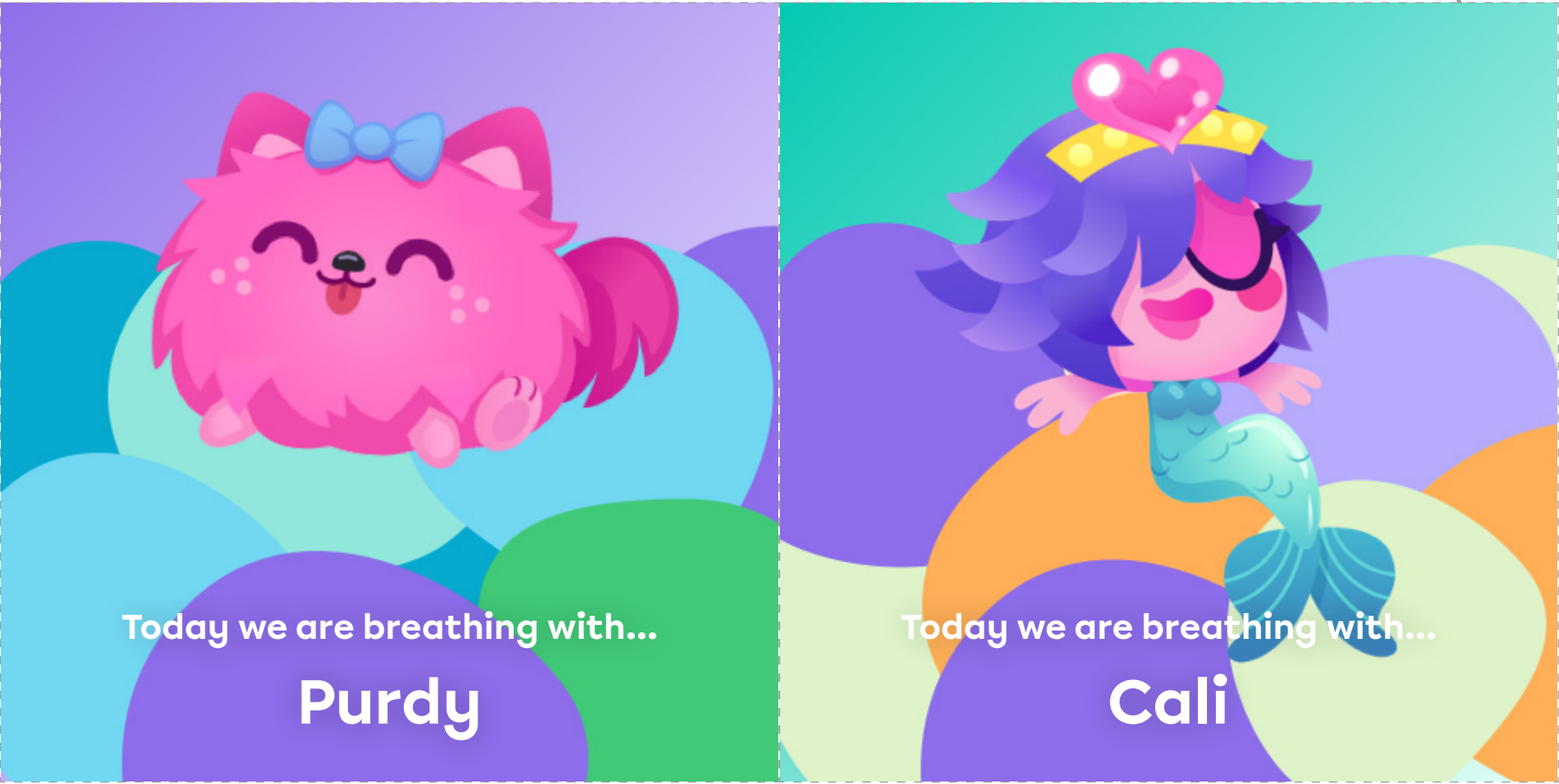
Daily Breathing with Moshi



Daily Breathing with Moshi



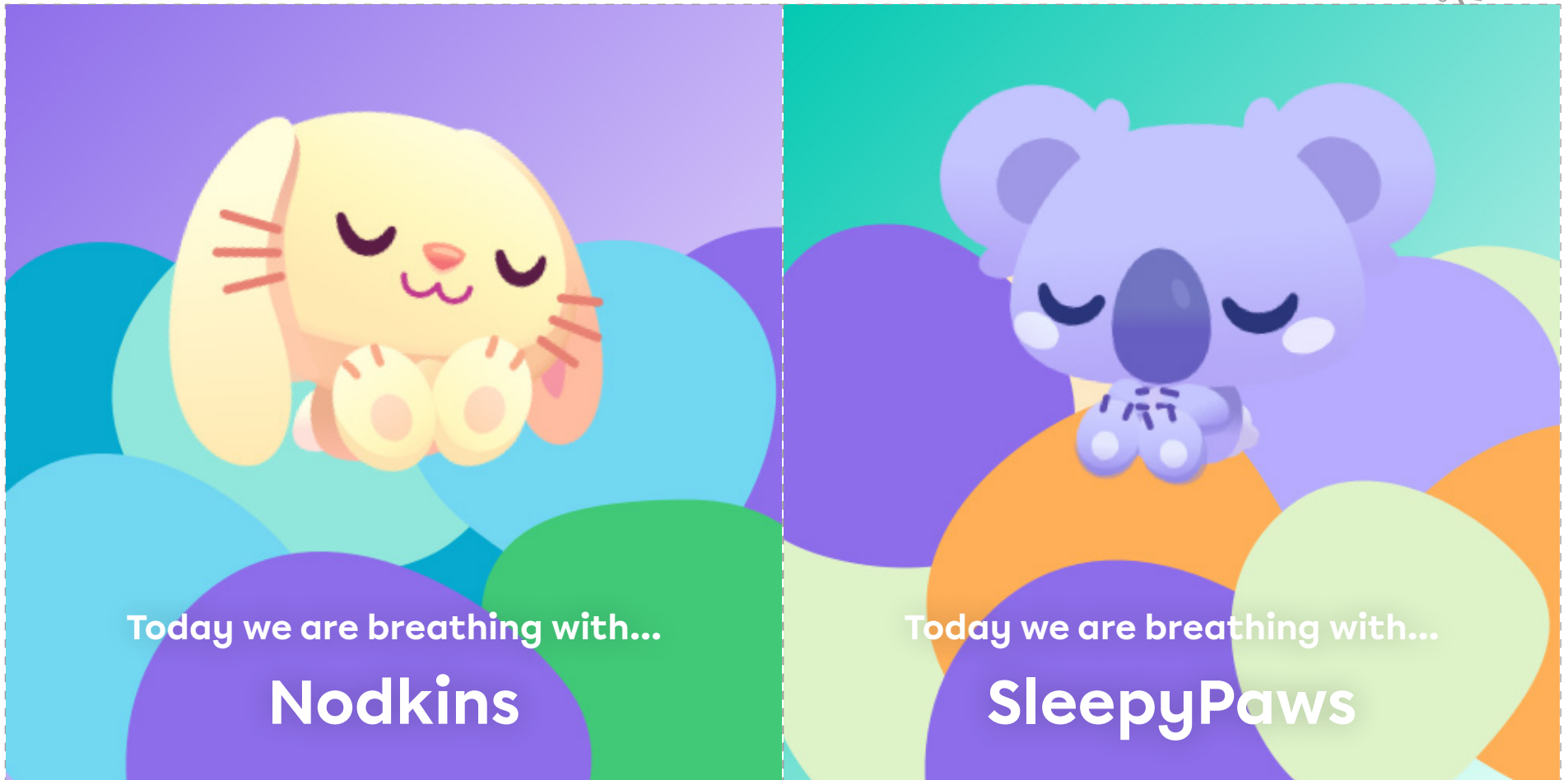
Daily Breathing with Moshi



Daily Breathing with Moshi



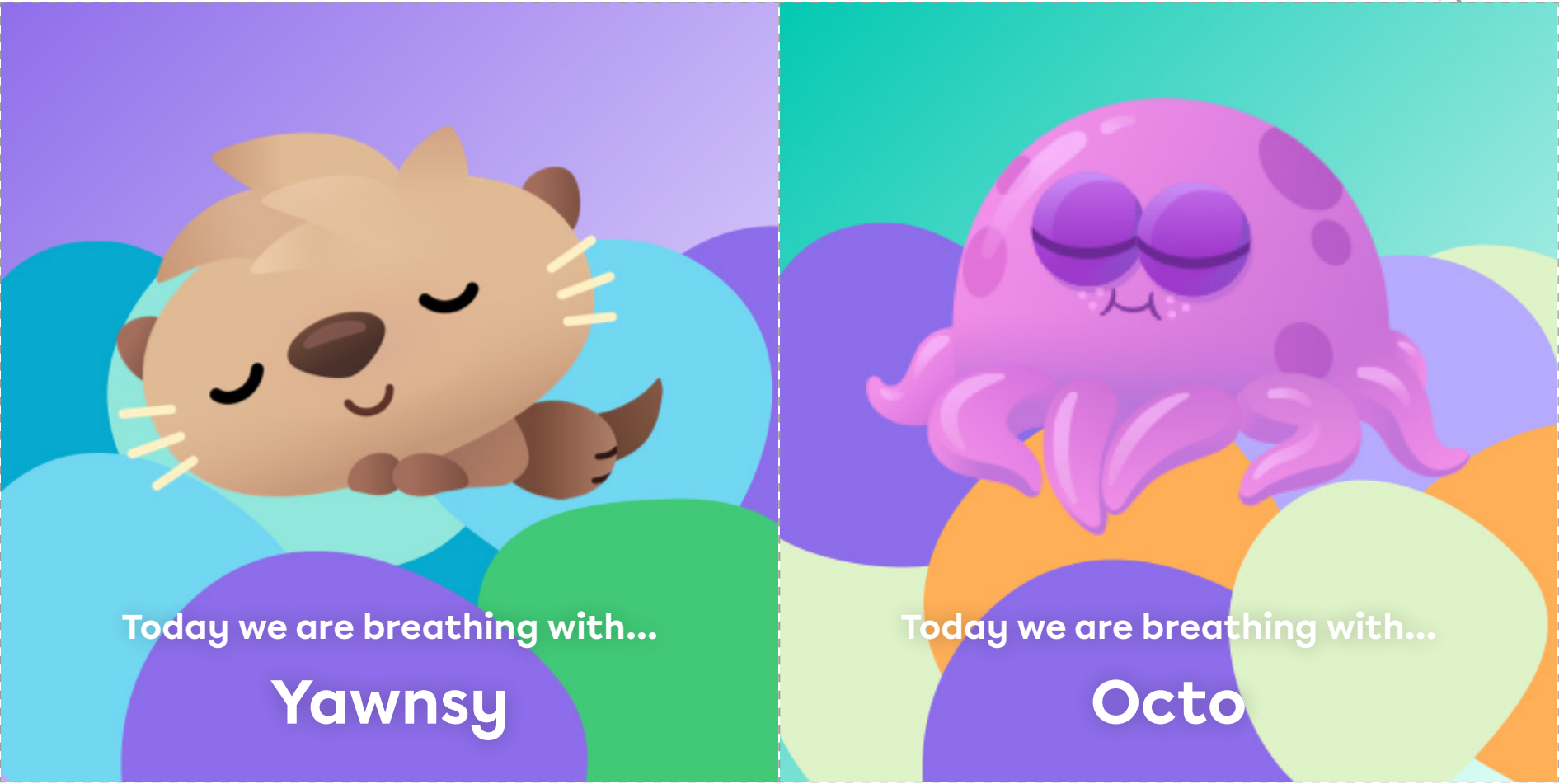
Daily Breathing with Moshi



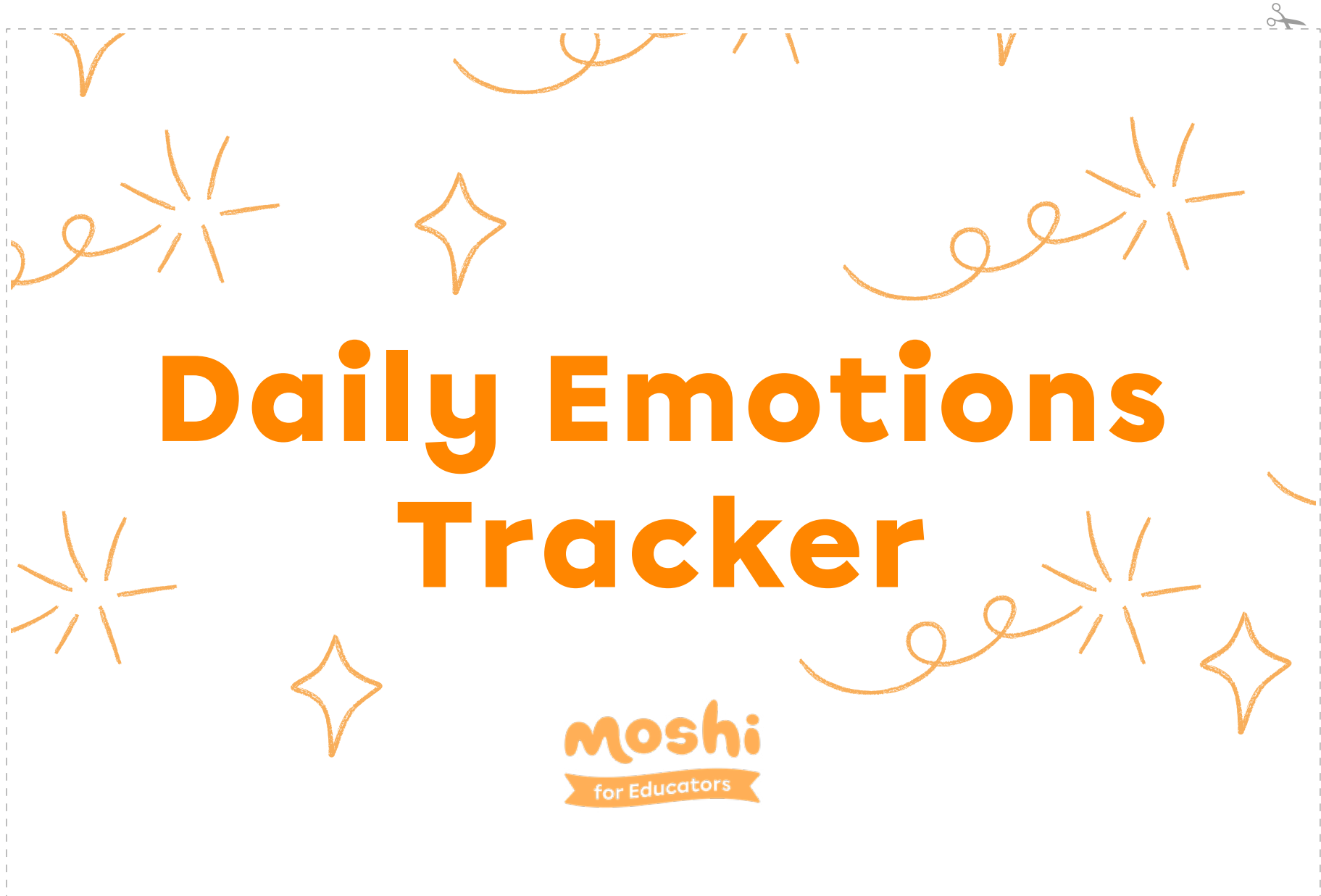
Daily Breathing with Moshi



Daily Breathing with Moshi



Daily Emotions Tracker



Daily Emotions Tracker



Happy



Sad



Silly



Worried




Excited




Angry


Daily Emotions Tracker




Tired



Calm



Surprised



Playful



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