

# A Day with Moshi



## Morning

Set the tone for the day by creating a sense of calm. Try:

Moshi Music as kids enter the classroom:  
-Moshi Music for Kids

Guided meditation during circle time:  
-Rise & Shine with Chirpy  
-Wurley's Happy Morning Meditation

## Midday

Reset with a Moshi Track:  
-Roy the Singing Moshinaut  
-Mr Snoodle's Moshi Moodlifter

Moshi Breathing:  
-Breathing with Pipsi  
-Delightful Deep Breathing with Nancy

Manage transitions with ease! Try:



## Afternoon

Finish the day on a positive note. Try:

Moshi Moments for End-of-Day Reflection:  
-Gratitude with Blossom  
-Calming SeaStar Breathing

Other Resources:  
-Kid Activities  
-Coloring Pages

