

# A Day with Moshi



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
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 Morning Meditation
 Morning



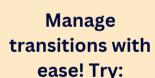


#### Reset with a Moshi Track:

-Roy the Singing
Moshinaut
-Mr Snoodle's Moshi
Moodlifter

## **Moshi Breathing:**

-Breathing with
Pipsi
-Delightful Deep
Breathing with
Nancy





## **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