Mindfulness in the Classroom

Chop Chop's 5 Minute Chill

Moshi Mindfulness in the Classroom series is a focused sequence of CASEL-aligned lesson plans. Built around the magical Moshi world, the lessons use audio content and characters to bring social-emotional learning to life across topics like self-regulation, awareness, and making friends. Take-home sheets are included with each lesson so that kids and families can practice mindfulness in and out of the classroom.

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CASEL Standards:

SELF-AWARENESS: The abilities to understand one's own emotions, thoughts, and values and how they influence behavior across contexts. This includes capacities to recognize one's strengths and limitations with a well grounded sense of confidence and purpose.
RESPONSIBLE DECISION-MAKING: The ability to make caring and constructive choices about personal behavior and social interactions across diverse situations. This includes the capacities to consider ethical standards and safety concerns, and to evaluate the benefits and consequences of various actions for personal, social, and collective well-being.

Academic Standards:

CCSS.ELA-LITERACY.W.K.2
Use a combination of drawing, dictating, and writing to compose informative/explanatory texts in which they name what they are writing about and supply some information about the topic.
CCSS.ELA-LITERACY.W.1.8
With guidance and support from adults, recall information from experiences or gather information from provided sources to answer a question.
CCSS.ELA-LITERACY.W.2.8
Recall information from experiences or gather information from provided sources to answer a question.

Objective:
Use self-awareness tools such as meditation, visualization, and deep breathing to manage emotions.

Essential Questions:
How can I calm myself down when I am upset or excited?

I Can:
I can use mindfulness to calm myself down.

Chop Chop's 5 Minute Chill

Now we will listen to a Moshi Moment called 'Chop Chop's 5 Minute Chill'. This is Chop Chop! Click on the picture to begin listening*:

*link opens in app.
https://links.moshisleep.com/story/Chop_Chops_5_Minute_Chill

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Before You Listen

Today we will relax our bodies like Chop Chop the Cheeky Chimp! First we will move our bodies to get ready. Move your hands, then your arms, then your shoulders. Stretch your back and your legs. Move your feet slowly and quietly.

Chop Chop imagines going on a vacation to his favorite places when he wants to calm down. A vacation can be a trip to see a family member, or to visit a new place. Where would you like to go on vacation?

What do you think this place would look like? Sound like? Smell like? Even taste like? These are called the senses. Think about using your senses during Chop Chop's 5 Minute Chill!

After You Listen

What was the place in your mind like? Did you use your five senses? Write or draw about it below.

How do you feel now that you have chilled out with Chop Chop?

When you try Chop Chop's Chill Out at home, you will be able to create a magical world of relaxation with ALL five of your senses!

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