Mindfulness in the Classroom
CocoLoco’s Rustling Bamboo Relaxation
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.
CASEL Standards:
SELF-MANAGEMENT: The abilities to manage one’s emotions, thoughts, and behaviors effectively in different situations and to achieve goals and aspirations.

Academic Standards:
CCSS.ELA-LITERACY.SL.3.2
Determine the main ideas and supporting details of a text read aloud or information presented in diverse media and formats, including visually, quantitatively, and orally.
CCSS.ELA-LITERACY.SL.4.2
Paraphrase portions of a text read aloud or information presented in diverse media and formats, including visually, quantitatively, and orally.
CCSS.ELA-LITERACY.SL.5.2
Summarize a written text read aloud or information presented in diverse media and formats, including visually, quantitatively, and orally.

Objective:
Identify and use stress-management strategies.
Use guided meditation as a stress-management strategy.

Essential Questions:
How can I manage feelings of stress?
What is guided meditation?

I Can:
I can use guided meditation to manage my emotions.
CocoLoco’s Rustling Bamboo Relaxation
Now we will listen to a story called CocoLoco’s Rustling Bamboo Relaxation. This is CocoLoco! Click on the picture to begin listening*:

*link opens in app.
https://links.moshisleep.com/story/CocoLocos_Rustling_Bamboo_Relaxation
Teacher’s Note: You will hear peaceful music at the end of the meditation. Your class can use the time to answer the lesson questions, or remain in quiet reflection.

Today we will use our imaginations for a guided meditation. We meditate to relax our minds and bodies. During our meditation we will hear sounds of bamboo rustling in the wind. What are some sounds that you enjoy hearing? Where do you hear those sounds?

**Before You Listen**
How does your body feel?
Are you calm?
Are you energetic?
Do you feel restless
Settle in and get comfortable in your own space. Take a few deep breaths and enjoy the story.

**After You Listen**
How do you feel now after meditating?

Make a list of adjectives, or descriptive words, that describe how the bamboo sounded as it rustled in the breeze.

How did it feel to imagine you were a leaf in a bamboo forest?

What does CocoLoco do when he needs to chill out and relax?

When could using Bamboo Relaxation help you?
Making sleep and mindfulness magical

moshi