Mindfulness in the Classroom
Day Six of Moshi Mindfulness
Calming Counting
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:
RESPONSIBLE DECISION-MAKING: The abilities to make caring and constructive choices about personal behavior and social interactions across diverse situations.
Identifying solutions for personal and social problems.

Academic Standards:
Common Core English/Language Arts Standards:
CCSS.ELA-LITERACY.W.K.8
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 mindfulness to manage emotions.

Essential Questions:
What can I do to calm myself down?

I Can:
I can use mindfulness and counting to calm myself down.
Day Six of Moshi Mindfulness - Thinking & Thanking

Now we will listen to a Moshi Moment called Day Six of Moshi Mindfulness. This is Mini Ben! Click on the picture to begin listening*:

*link opens in app.
https://links.moshisleep.com/story/7_Days_Calming_Counting
Moshi Mindfulness takes practice. It can be hard to focus on what is happening. Let your thoughts pass by like a little boat on a stream. We will work on deep breathing. First breathe in through your nose. Now out through your mouth. Practice this a few times. In through your nose, out through your mouth. Remember how the Moshlings breathe in like they are smelling a flower, and out like they are blowing out a candle on a birthday cake, or like blowing the seeds of a dandelion, or a bird’s feather.

We will work on focusing today by counting. You know how to count. Today we will count our breaths. One breath means breathing in and then out. That is one breath. You can count fast, but today we will count slowly. Let’s practice counting our slow, deep breaths. If you lose count, just start back at one.

After you have breathed slowly and counted your breaths with today’s Moshi meditation, how do you feel?

What did it feel like to breathe deeply and slowly?

How many breaths did you count?

If your friend was upset or worried, could breathing and counting help them?

When could breathing and counting help you to calm down?