Mindfulness in the Classroom
Rainbow Rider 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:
Common Core English/Language Arts Standards:

- CCSS.ELA-LITERACY.SL.3.2
- CCSS.ELA-LITERACY.SL.4.2
- CCSS.ELA-LITERACY.SL.5.2

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.

Objective:
Use the mindfulness technique of visualization to manage emotions.

Essential Questions:
How can I manage my emotions using mindfulness?

I Can:
I can use visualization to manage my emotions and calm myself down.
Rainbow Rider Relaxation
Now we will listen to a Moshi Moment called ‘Rainbow Rider Relaxation’. This is Roy G. Biv! Click on the picture to begin listening*: 

*link opens in app.  
https://links.moshisleep.com/story/Rainbow_Rider_Relaxation_v1
Today we will meet a magical surfing Moshling named Roy G. Biv who rides along huge Moshi rainbows. Have you been surfing before?

Surfing involves balancing on a surfboard. Stand up in your own space and imagine you are balancing on your own surfboard. Is it difficult to balance?

Now close your eyes and see if balancing becomes easier or harder.

Stretch your muscles and take some deep breaths. Get comfortable and focus on today’s meditation. You will practice visualizing colors in your mind, as well as places. Focus on your breathing and following along with the meditation.

**After You Listen**

How do you feel after meditating?

Write about what you pictured in your mind and how you felt.

Describe your favorite parts of today’s meditation.

When could you use this type of meditation to help calm yourself down?

Are there moments when you feel anxiety or stress during the day?

What do you think might happen if you remembered surfing along the Moshling rainbow with Roy G. Biv?
Making sleep and mindfulness magical